

HERNDON

Parks & Recreation Department



Summer Camps – page 20
**Summer Fun, Teen Discovery,
and Many Specialty Camps**
4th of July – page 15

Herndon Community Center
Summer 2006 – Program & Events Guide

814 Ferndale Avenue, Herndon, Virginia 20170
703-787-7300 • <http://herndon-va.gov>



General Information

"Promoting a sense of community and enriching the quality of life."

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, foster a sense of community and serve as stewards of Town resources by providing diverse, accessible and valued parks, facilities and recreation programs which enhance those provided by Fairfax County.

Community Center Hours

All hours are subject to change due to special events in the Center.

Summer Hours: June 25-August 18

M-F 6am-10:30pm

Saturday 9am-6pm

Sunday 11am-6pm

Regular Hours:

Aquatic Facility

M-F 6am-10pm

Sa & Su 8am-8pm

Fitness Facility

M-F 6am-10:30pm

Sa & Su 8am-8pm

Holiday Hours

Memorial Day, May 29 8am-8pm

Independence Day, July 4 11am-6pm

Labor Day, September 4 Closed

Office Hours

M-F 8:30am-5:30pm

Office Closed - May 29, July 4,

September 4

Phone

Pool, Racquetball, & Rentals

703-787-7300

Hearing Impaired Relay

1-800-828-1120 -TDD

Fax

703-318-8652

Touchtone Registration

703-707-2662

Website: <http://herndon-va.gov>

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

Community Center Fees

Note: For pool use child(ren) age 8 & under must be accompanied by an adult. Child(ren) age 5 & under must be with a parent in the water. For fitness room use, children must be age 14 or older. For gymnasium use, children must be age 10 or older. Youth are those age 17 and under. Seniors are those age 60 and older.

DAILY ADMISSION

**TOH-Resident Rate Requires ID with Address*

Full Use	TOH/NR
Adults	\$4/\$5
Seniors/Youth	\$3/\$3

Limited Use	TOH/NR
Adults	\$2.50/\$3
Seniors/Youth	\$2/\$2

10-Admission Pass	TOH/NR
Full Use	\$34/\$45
Limited Use	\$21/\$27

25-Admission Pass	TOH/NR
Full Use	\$70/\$100
Seniors/Youth	\$45/\$60
Limited Use	\$45/\$60

Annual Pass*	TOH/NR
Single	\$315/\$450
2 Person Adult (Married Couple)	\$420/\$600
Additional Dependent (with purchase of Full Adult Pass)	\$70/\$100
Single Senior/Youth	\$230/\$325
2 Person Senior (Married Couple)	\$300/\$425

**Annual Pass holders are entitled to a 10% discount on instructional classes.*

Full Use

The discount pass and daily admission fee for the pool include use of the gymnasium (ages 10 & older) and the fitness room (ages 14 & older) as available.

Limited Use

For use of the gymnasium or fitness room. Does not include use of the locker rooms or swimming pool.

Youth 17 & Under

Free gym use
M-F 3-5:30pm

Birthdays Are Special

Make your birthday celebration headache-free at the Herndon Community Center. Let us provide the punch, goodie bags, room decorations and swimming, so you don't have the hassle and mess! Also, ask our Naturalist about our Nature Birthday Parties.

Call 703-787-7300



RACQUETBALL & WALLYBALL COURTS

Prime time hours

Monday - Friday 4-10pm, plus all day

Saturday, Sunday & Holidays

Racquetball

Prime Time

\$4.50 per hour + admission fee per player

Non-Prime Time

\$2.50 per hour + admission fee per player

Wallyball

Prime Time

\$4 per court + admission fee per player

Non-Prime Time

\$2 per court + admission fee per player

Wallyball court rental is for two hours.

Rental Space for Meetings & Parties

The Herndon Community Center is available for private parties, receptions, meetings and other activities when space is available. The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people. It is equipped with tables, chairs and stage. Arrangements for all types of functions can be made. In addition, the Town operates the Industrial Strength Theatre that seats 100 people.

Information and forms for class and camp registration can be found on pages 29-31 of this brochure.

Town of Herndon Town Council

Michael L. O'Reilly, Mayor
Darryl C. Smith, Vice Mayor
Carol A. Bruce
Dennis D. Husch
Steven D. Mitchell
Ann V. Null
Harlon Reece
Steve Owen, Town Manager

Parks and Recreation Department

Arthur A. Anselene
Director
Sue Berkemeier
Administrative Assistant
Sheri Branch
Office Assistant
Kathy Rottier
Office Assistant
Lori Rowland
Office Assistant
Cynthia Hoftiezer
Projects Coordinator
Abby Kimble
Marketing Specialist
Teresa Rodriguez
Aquatics Services Manager
Boris Arevalo
Pool Operations Manager
Ed Mayr
Community Center Manager
Vacant
Community Center Supervisor
Cindy Roeder
Manager, Recreation Services
Bob Hilferty
Indoor Tennis Manager
Kerstin Severin
Head Swim Team Coach

Recreation Services Supervisors

Ann Hoy, *Events, Arts & Crafts*
Susan Lilly, *Town Naturalist*
Holly Popple, *Performing Arts*
Vacant, *Sports, Fitness*
Kimberly Wood, *Teens, Trips, Senior Adults*

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on **Wednesday, May 10.**
- Registration for all non-Town of Herndon residents will open at 10am on **Tuesday, May 16.**

Starting on these dates you will be able to register online, by touchtone system, by walking into the Community Center, by mail or by fax.

Please see "How Registration Works" on page 29, and page 31 for a new and improved registration form.

Summer Highlights

Herndon Festival

June 1- 4

Music Under the Stars Concert Series

June 8 – August 31

Tennis Classic Tournament

June 17-25

Independence Day Celebration

July 4

Farmer's Market Fun Days

July 6 – August 10

Gift Certificates

Give the gift of health and fun! The Town of Herndon Parks and Recreation offers gift certificates in any amount. They can be used for admission fees, trips or classes. Come by the Community Center, or order by phone.

Call: **703-787-7300**



Table of Contents

Aquatics.....	4-10
Arts & Crafts.....	27
Cooking	27
Dance	21, 22, 25
Farmer's Market Fun Days.....	16
Fitness.....	11-13
Gymnastics	14, 21
Gymside Walkers	12
Herndon Festival	32
Kids at Hope	26
Martial Arts	13
Music.....	26
Music Under the Stars.....	17
Nature	24
Parks.....	28
Performing Arts	21, 27
Preschool Registration	23
Registration Information	29-31
Renovation Update	26
Sports Camps	20
Summer Camps.....	22, 30
Teens	23
Tennis.....	18-20
Theater Arts	21
Trips.....	26
Yoga	13



Inclement Weather Policy

A decision on tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.

Reminder: Although it may not be raining at the time of your class, earlier rain may have left the courts unplayable. Please call **703-435-6866** for information. Classes will be made up at the end of the session at the regularly scheduled class time.

SWIMMING GUIDELINES

To enroll in	Child needs...	To enroll in	Child needs...
Starfish	No experience necessary but must be able to: <ul style="list-style-type: none"> • Separate from parent • Learn in a group setting 	Level 1	No experience necessary but: <ul style="list-style-type: none"> • Must be able to participate in group setting
Seahorse	Successful completion of Starfish or ability to: <ul style="list-style-type: none"> • Put face in the water-5 seconds • Blow bubbles • Front glide w/ kick-3 feet • Float on back with assistance-5 seconds 	Level 2	Successful completion of Level 1 or the ability to: <ul style="list-style-type: none"> • Face in water and blow bubbles-5 seconds • Submerge face and pick up item • Float on back with assistance • Kick on front with face in water using barbells
Otters	Successful completion of Seahorse or ability to: <ul style="list-style-type: none"> • Submerge totally bobbing-5 times • Float on front and back independently • Rollover from front to back • Swim with arm stroke and kick-5 yards 	Level 3	Successful completion of Level 2 or the ability to: <ul style="list-style-type: none"> • Float on front and back independently • Roll over from front to back • Combined stroke front and back-5 yards
Manatees	Successful completion of Otter or ability to: <ul style="list-style-type: none"> • Jump in 12 feet and return to side without assistance • Front crawl-15 yards with breathing • Elementary backstroke arm motion-15 yards • Back crawl-15 yards • Butterfly kick • Sitting /kneeling dives 	Level 4	Successful completion of Level 3 or the ability to: <ul style="list-style-type: none"> • Elementary Backstroke-5 yards • Front crawl and back crawl-15 yards • Jump into deep water and swim-15 yards • Kneeling dive
Sharks	Successful completion of Manatee or the ability to: <ul style="list-style-type: none"> • Front crawl-25 yards w/ side breathing • Elementary backstroke-15 yards • Back crawl-25 yards • Breaststroke-15 yards • Diving: compact/stride • Ability to swim across deep end of pool 	Level 5	Successful completion of Level 4 or the ability to: <ul style="list-style-type: none"> • Tread water-1 minute • Crawl stroke-25 yards with side breathing • Back crawl-25 yards • Breaststroke-15 yards • Butterfly-15 yards • Elementary backstroke-15 yards • Scissors kick • Stride dive and flip turn
		Level 6	Successful completion of Level 5 or the ability to: <ul style="list-style-type: none"> • Front and back crawl-50 yards • Back float-2 minutes • Tread water-2 minutes • Breaststroke-25 yards • Sidestroke-25 yards • Elementary backstroke-25 yards

Aquatics Class Make-up Policy

Classes canceled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the make-up class.

The pool is open for lessons and lap swimmers only Monday through Saturdays 8am-12pm.

Weekday morning classes are scheduled Monday through Thursday. Any classes canceled due to weather, instructor illness, etc., will be made up on Fridays.

Come and play with the slide or the floating submarine on weekends from 1-4pm!



Swimming Instructors Needed

The Aquatics Department of the Herndon Community Center is currently seeking swimming instructors to teach classes in its Learn to Swim program. The Learn to Swim program provides classes on weekday mornings, evenings and weekends to students of all ages, from infants to adults. This is an ideal part-time position for stay-at-home moms, students, or for anyone who desires fun and fulfilling part-time work in a relaxed and family/community-oriented environment. Red Cross Certification and experience are desired, but we also have a training program for interested, enthusiastic candidates. For more information, call Teresa at **703-435-6800 x 2122**.



No classes scheduled on Independence Day, July 4.

PRESCHOOL AQUATICS

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Parents should remember that unless a child is practicing skills learned in a class, they may lose their proficiency to demonstrate the required skills. Do not place your children in a higher-level course, unless they have been practicing the required skills on a regular basis or have been passed during a course evaluation. It is better to repeat a course to strengthen skills than to place a child in a class over his level!

Aquatots – Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

25 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1011.101	M-Th	11-11:25am	\$58/\$63
Session 2, July 10-20			
1011.102	M-Th	11-11:25am	\$58/\$63
Session 3, July 24-August 3			
1011.103	M-Th	11-11:25am	\$58/\$63
Session 4, August 7-August 17			
1011.104	M-Th	11-11:25am	\$58/\$63
July 1-August 12			
1011.605	Sa	9-9:25am	\$50/\$55

Guppies – Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

25 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1012.101	M-Th	10:30-10:55am	\$58/\$63
Session 2, July 10-20			
1012.102	M-Th	10:30-10:55am	\$58/\$63
Session 3, July 24-August 3			
1012.103	M-Th	10:30-10:55am	\$58/\$63
Session 4, August 7-17			
1012.104	M-Th	10:30-10:55am	\$58/\$63
July 1-August 12			
1012.605	Sa	10:30-10:55am	\$50/\$55
July 2-August 13			
1012.706	Su	11-11:25am	\$50/\$55

Minnows – Ages 3-5 years

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our guppies, but are hesitant to separate from the parent. Skills that are covered include breath control, floating on front and back, and kicking. *Swim with parent*

25 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1018.101	M-Th	9:30-9:55am	\$58/\$63
Session 2, July 10-20			
1018.102	M-Th	9:30-9:55am	\$58/\$63
Session 3, July 24-August 3			
1018.103	M-Th	9:30-9:55am	\$58/\$63
Session 4, August 7-17			
1018.104	M-Th	9:30-9:55am	\$58/\$63
July 1-August 12			
1018.605	Sa	9:30-9:55am	\$50/\$55
July 2-August 13			
1018.706	Su	11:30-11:55am	\$50/\$55



Starfish – Ages 3-6 years

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. *Child's first water experience without parent*

25 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1013.101	M-Th	9-9:25am	\$58/\$63
1013.102	M-Th	9:30-9:55am	\$58/\$63
1013.103	M-Th	11-11:25am	\$58/\$63
Session 2, July 10-20			
1013.104	M-Th	9-9:25am	\$58/\$63
1013.105	M-Th	9:30-9:55am	\$58/\$63
1013.106	M-Th	11-11:25am	\$58/\$63
Session 3, July 24-August 3			
1013.107	M-Th	9-9:25am	\$58/\$63
1013.108	M-Th	9:30-9:55am	\$58/\$63
1013.109	M-Th	11-11:25am	\$58/\$63
Session 4, August 7-17			
1013.110	M-Th	9-9:25am	\$58/\$63
1013.111	M-Th	9:30-9:55am	\$58/\$63
1013.112	M-Th	11-11:25am	\$58/\$63
Session 1, June 26-July 19			
1013.113	M/W	5-5:25pm	\$58/\$63
Session 2, July 24-August 16			
1013.114	M/W	5-5:25pm	\$58/\$63
Session 1, June 27- July 25			
1013.215	T/Th	2-2:25pm	\$58/\$63
1013.216	T/Th	6:30-6:55pm	\$58/\$63
Session 2, August 1-17			
1013.217	T/Th	2-2:25pm	\$44/\$47
1013.218	T/Th	6:30-6:55pm	\$44/\$47
July 1-August 12			
1013.619	Sa	9-9:25am	\$50/\$55
July 2-August 13			
1013.720	Su	11-11:25am	\$50/\$55
1013.721	Su	12-12:25pm	\$50/\$55





Seahorse—Ages 3-6 years

Seahorse students can demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced.

Previous water experience required

25 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1014.101	M-Th	9-9:25am	\$58/\$63
1014.102	M-Th	10:30-10:55am	\$58/\$63
1014.103	M-Th	11:30-11:55am	\$58/\$63
Session 2, July 10-20			
1014.104	M-Th	9-9:25am	\$58/\$63
1014.105	M-Th	10:30-10:55am	\$58/\$63
1014.106	M-Th	11:30-11:55am	\$58/\$63
Session 3, July 24-August 3			
1014.107	M-Th	9-9:25am	\$58/\$63
1014.108	M-Th	10:30-10:55am	\$58/\$63
1014.109	M-Th	11:30-11:55am	\$58/\$63
Session 4, August 7-17			
1014.110	M-Th	9-9:25am	\$58/\$63
1014.111	M-Th	10:30-10:55am	\$58/\$63
1014.112	M-Th	11:30-11:55am	\$58/\$63
Session 1, June 26-July 19			
1014.113	M/W	5:30-5:55pm	\$58/\$63
Session 2, July 24-August 16			
1014.114	M/W	5:30-5:55pm	\$58/\$63
Session 1, June 27-July 25			
1014.215	T/Th	2:30-2:55pm	\$58/\$63
1014.216	T/Th	6-6:25pm	\$58/\$63
Session 2, August 1-17			
1014.217	T/Th	2:30-2:55pm	\$44/\$47
1014.218	T/Th	6-6:25pm	\$44/\$47
July 1-August 12			
1014.619	Sa	9:30-9:55am	\$50/\$55
July 2-August 13			
1014.720	Su	11:30-11:55am	\$50/\$55
1014.721	Su	12:30-12:55pm	\$50/\$55

Otters—Ages 4-6

Our “Otter” students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water and diving from seated and kneeling positions. Swimming in deep water and basic water safety rules are covered.

25 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1015.101	M-Th	10-10:25am	\$58/\$63
Session 2, July 10-20			
1015.102	M-Th	10-10:25am	\$58/\$63
Session 3, July 24-August 3			
1015.103	M-Th	10-10:25am	\$58/\$63
Session 4, August 7-17			
1015.104	M-Th	10-10:25am	\$58/\$63
Session 1, June 26-July 19			
1015.105	M/W	6-6:25pm	\$58/\$63
Session 2, July 24-August 16			
1015.106	M/W	6-6:25pm	\$58/\$63
Session 1, June 27-July 25			
1015.207	T/Th	3-3:25pm	\$58/\$63
1015.208	T/Th	5:30-5:55pm	\$58/\$63
Session 2, August 1-17			
1015.209	T/Th	3-3:25pm	\$44/\$47
1015.210	T/Th	5:30-5:55pm	\$44/\$47
July 1-August 12			
1015.611	Sa	10-10:25am	\$50/\$55

Manatees—Ages 4-6 years

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl, taking at least two breaths and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke,

breaststroke, butterfly, compact dives, and basic water safety instruction.

An advanced course for the preschool swimmer

25 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1016.101	M-Th	11:30-11:55am	\$58/\$63
Session 2, July 10-20			
1016.102	M-Th	11:30-11:55am	\$58/\$63
Session 3, July 24-August 3			
1016.103	M-Th	11:30-11:55am	\$58/\$63
Session 4, August 7-17			
1016.104	M-Th	11:30-11:55am	\$58/\$63
Session 1, June 26-July 19			
1016.105	M/W	6:30-6:55pm	\$58/\$63
Session 2, July 24-August 16			
1016.106	M/W	6:30-6:55pm	\$58/\$63
Session 1, June 27-July 25			
1016.207	T/Th	3:30-3:55pm	\$58/\$63
1016.208	T/Th	5-5:25pm	\$58/\$63
Session 2, August 1-17			
1016.209	T/Th	3:30-3:55pm	\$44/\$47
1016.210	T/Th	5-5:25pm	\$44/\$47

Sharks—Ages 4-6

To enroll in this class, students should be able to swim a distance of 25 yards of front crawl, taking at least two breaths, and 25 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

This is the most advanced preschool class offered. Must have had formal swim instruction!

25 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1017.101	M-Th	10:30-10:55am	\$58/\$63
Session 2, July 10-20			
1017.102	M-Th	10:30-10:55am	\$58/\$63
Session 3, July 24-August 3			
1017.103	M-Th	10:30-10:55am	\$58/\$63
Session 4, August 7-17			
1017.104	M-Th	10:30-10:55am	\$58/\$63

More Great Classes and Camps for Kids Ages 3-6

See our

- PeeWee Tennis, page 18
- Munchkateers, page 14
- Nature Classes, page 24
- Dance Classes, page 25





YOUTH AQUATICS

Level 1 – Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

30 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1021.101	M-Th	10-10:30am	\$58/\$63
1021.102	M-Th	11-11:30am	\$58/\$63
Session 2, July 10-20			
1021.103	M-Th	10-10:30am	\$58/\$63
1021.104	M-Th	11-11:30am	\$58/\$63
Session 3, July 24-August 3			
1021.105	M-Th	10-10:30am	\$58/\$63
1021.106	M-Th	11-11:30am	\$58/\$63
Session 4, August 7-17			
1021.107	M-Th	10-10:30am	\$58/\$63
1021.108	M-Th	11-11:30am	\$58/\$63
Session 1, June 26-July 19			
1021.109	M/W	6:30-7pm	\$58/\$63
Session 2, July 24-August 16			
1021.110	M/W	6:30-7pm	\$58/\$63
Session 1, June 27-July 25			
1021.211	T/Th	3:30-4pm	\$58/\$63
1021.212	T/Th	5-5:30pm	\$58/\$63
Session 2, August 1-17			
1021.213	T/Th	3:30-4pm	\$44/\$47
1021.214	T/Th	5-5:30pm	\$44/\$47
July 1-August 12			
1021.615	Sa	10:30-11am	\$50/\$55

Level 2 – Ages 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

30 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1022.101	M-Th	9:30-10am	\$58/\$63
Session 2, July 10-20			
1022.102	M-Th	9:30-10am	\$58/\$63
Session 3, July 24-August 3			
1022.103	M-Th	9:30-10am	\$58/\$63
Session 4, August 7-17			
1022.104	M-Th	9:30-10am	\$58/\$63
Session 1, June 26-July 19			
1022.105	M/W	6-6:30pm	\$58/\$63
Session 2, July 24-August 16			
1022.106	M/W	6-6:30pm	\$58/\$63
Session 1, June 27-July 25			
1022.207	T/Th	3-3:30pm	\$58/\$63
1022.208	T/Th	5:30-6pm	\$58/\$63
Session 2, August 1-17			
1022.209	T/Th	3-3:30pm	\$44/\$47
1022.210	T/Th	5:30-6pm	\$44/\$47
July 1-August 12			
1022.611	Sa	10-10:30am	\$50/\$55

Level 3 – Ages 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of both front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

30 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1023.101	M-Th	9-9:30am	\$58/\$63
1023.102	M-Th	10-10:30am	\$58/\$63
Session 2, July 10-20			
1023.103	M-Th	9-9:30am	\$58/\$63
1023.104	M-Th	10-10:30am	\$58/\$63
Session 3, July 24-August 3			
1023.105	M-Th	9-9:30am	\$58/\$63
1023.106	M-Th	10-10:30am	\$58/\$63
Session 4, August 7-17			
1023.107	M-Th	9-9:30am	\$58/\$63
1023.108	M-Th	10-10:30am	\$58/\$63
Session 1, June 26-July 19			
1023.109	M/W	5:30-6pm	\$58/\$63
Session 2, July 24-August 16			
1023.110	M/W	5:30-6pm	\$58/\$63
Session 1, June 27-July 25			
1023.211	T/Th	2:30-3pm	\$58/\$63
1023.212	T/Th	6-6:30pm	\$58/\$63
Session 2, August 1-17			
1023.213	T/Th	2:30-3pm	\$44/\$47
1023.214	T/Th	6-6:30pm	\$44/\$47
July 1-August 12			
1023.615	Sa	9:30-10am	\$50/\$55
July 2-August 13			
1023.716	Su	12-12:30pm	\$50/\$55

Level 4 – Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

30 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1024.101	M-Th	9:30-10am	\$58/\$63
1024.102	M-Th	10:45-11:15am	\$58/\$63
Session 2, July 10-20			
1024.103	M-Th	9:30-10am	\$58/\$63
1024.104	M-Th	10:45-11:15am	\$58/\$63
Session 3, July 24-August 3			
1024.105	M-Th	9:30-10am	\$58/\$63
1024.106	M-Th	10:45-11:15am	\$58/\$63
Session 4, August 7-17			
1024.107	M-Th	9:30-10am	\$58/\$63
1024.108	M-Th	10:45-11:15am	\$58/\$63
Session 1, June 26-July 19			
1024.109	M/W	5-5:30pm	\$58/\$63
Session 2, July 24-August 16			
1024.110	M/W	5-5:30pm	\$58/\$63
Session 1, June 27-July 25			
1024.211	T/Th	2-2:30pm	\$58/\$63
1024.212	T/Th	6:30-7pm	\$58/\$63
Session 2, August 1-17			
1024.213	T/Th	2-2:30pm	\$44/\$47
1024.214	T/Th	6:30-7pm	\$44/\$47
July 1-August 12			
1024.615	Sa	9-9:30am	\$50/\$55
1024.616	Sa	10:45-11:15am	\$50/\$55
July 2-August 13			
1024.717	Su	12:30-1pm	\$50/\$55

Level 5 – Ages 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deepwater work includes diving, water entries, and treading.

45 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1025.101	M-Th	10-10:45am	\$63/\$68
Session 2, July 10-20			
1025.102	M-Th	10-10:45am	\$63/\$68
Session 3, July 24-August 3			
1025.103	M-Th	10-10:45am	\$63/\$68
Session 4, August 7-17			
1025.104	M-Th	10-10:45am	\$63/\$68
July 1-August 12			
1025.605	Sa	10-10:45am	\$55/\$60





Level 6 – Ages 6 & up

This Red Cross course focuses on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for breaststroke and sidestroke are also developed.

8, 45 minute sessions

Class	Day	Time	TOH/NR
Session 1, June 26-July 7			
1026.101	M-Th	11:15am-12pm	\$63/\$68
Session 2, July 10-20			
1026.102	M-Th	11:15am-12pm	\$63/\$68
Session 3, July 24-August 3			
1026.103	M-Th	11:15am-12pm	\$63/\$68
Session 4, August 7-17			
1026.104	M-Th	11:15am-12pm	\$63/\$68

Starts and Turns Clinic

NEW

Ages 9-14

This class is for the summer league swimmer who wants additional practice on racing starts and turns. Racing dives, flips, and open turns for all four strokes will be taught, as well as individual medley transition turns.

Swimmers must be able to swim all four competitive strokes correctly

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-July 25			
1027.201	T/Th	7-8pm	\$68/\$75

Diving 1 – Ages 7 & up

Introduces divers to the fundamentals of diving, starting with front and back jumps and working through front and back dives. Approaches, hurdles and entries are also taught.

8, 45 minute sessions

Class	Day	Time	TOH/NR
June 30-August 18			
1029.501	F	4-4:45pm	\$63/\$68

Diving 2 – Ages 7 & up

This class is designed for children with previous springboard diving experience. The completion of Diving 1 or equivalent is strongly recommended. This class will include refinement of front and back dives as well as learning more advanced dives and flips.

8, 45 minute sessions

Class	Day	Time	TOH/NR
June 30-August 18			
1029.502	F	4:45-5:30pm	\$63/\$68

Synchronized Swimming Class – Ages 8 & up

This class is designed as an introductory course for the sport of synchronized swimming. Students will learn the basic moves, skills, and routines of the sport, and acquire an appreciation for the athleticism required of synchro participants. *Students must have the ability to swim at Level 5 proficiency and must be able to tread water for at least two minutes*

1 hour sessions

Class	Day	Time	TOH/NR
July 1-August 12			
1070.601	Sa	9:30-10:30am	\$60/\$65

ADULTS

Adult Beginners

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and breathing skills will be taught.

45 minute sessions

Class	Day	Time	TOH/NR
June 26-August 14			
1041.101	M	7:15-8pm	\$63/\$68
July 1-August 12			
1041.602	Sa	11:15am-12pm	\$55/\$60

SENIOR SWIM TIME!
Seniors can visit the pool
for a reduced rate of \$1
all day Tuesdays!



Adult Intermediate

This class is for students who have completed Adult Advanced Beginners or anyone who is looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

45 minute sessions

Class	Day	Time	TOH/NR
June 28-August 16			
1042.301	W	7:15-8pm	\$63/\$68
July 1-August 12			
1042.602	Sa	12-12:45pm	\$55/\$60





All Water Workouts are designed for Ages 16 & up

Early Bird Aquatic Exercise

Start your day with this high intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles, arms and legs.

Participants must be comfortable in deep water!

12, 1 hour sessions

Class	Day	Time	TOH/NR
June 26-July 21			
1049.101	M/W/F	6:30-7:30am	\$63/\$70

Therapeutic Water Workout

This low intensity water exercise program is designed for those with chronic illnesses; i.e. arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, ambulating, and strengthening. (Seniors: Please see Senior Citizen Discount information on the registration page.)

Rubber-soled shoes are recommended

15, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-August 17			
1047.201	T/Th	9:30-10:30am	\$80/\$88

Senior Water Aerobics

This class is an aerobic exercise class paced for the "Senior Citizen." It promotes fitness, flexibility, and range of motion. No swimming experience is necessary to become involved. (Seniors: Please see Senior Citizen Discount information on the registration page)

Rubber-soled shoes are recommended

16, 1 hour sessions

Class	Day	Time	TOH/NR
June 26-August 16			
1048.101	M/W	8:30-9:30am	\$85/\$93

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 30-August 18			
1048.502	F	8:30-9:30am	\$42/\$47

Water Aerobics

This is the total shallow-water aerobic workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element, but no swimming experience is necessary.

Rubber-soled shoes are recommended

15, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-August 17			
1044.201	T/Th	8:30-9:30am	\$80/\$88

Deep Water 1

This class offers a high-intensity, no-impact, cardiovascular challenge with an additional benefit of muscle toning and strengthening. No swimming skills are necessary, but participants *must* be comfortable in deep water.

1 hour sessions

Class	Day	Time	TOH/NR
June 26-August 16			
1045.101	M/W	6:30-7:30pm	\$85/\$93
June 27-August 17			
1045.202	T/Th	7:30-8:30pm	\$80/\$88

Deep Water 2

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids. *Students must have previously taken Deep Water 1*

1 hour sessions

Class	Day	Time	TOH/NR
June 26-August 16			
1045.104	M/W	7:30-8:30pm	\$85/\$93
June 27-August 17			
1045.205	T/Th	6:30-7:30pm	\$80/\$88



Water Walking

Jump start your spring fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back.

The higher resistance of the water will give you a great workout with no risk of injury to your joints. *Participants must be comfortable in deep water as a portion of the workout is held in the 12-ft. area!* *Rubber-soled shoes are recommended*

16, 1 hour sessions

Class	Day	Time	TOH/NR
June 26-August 16			
1043.101	M/W	7:30-8:30am	\$85/\$93

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 30-August 18			
1043.502	F	7:30-8:30am	\$42/\$47

Waterworkout Express –

provides convenience and flexibility

1. Register for a home class. This reserves you a permanent spot in the class of your choice. *As long as space is available, the Express Pass option allows you to take any of the water workout classes.*

2. **Select an Express Pass option below based on the schedule of your home class.** You must be registered for a **home class** before an Express Pass can be purchased.

- Passes must be presented to instructor at each class
- Classes must meet a min. enrollment
- Pass will be mailed prior to first class

EXPRESS PASSES:

- 1) Home class meets twice a week
1063.113 Super Express
(16 classes plus 8)-TOH-\$41/NR-\$47
1063.114 Hyper Express
(unlimited classes)-TOH-\$56/NR-\$62)

NOTE: On your registration form indicate your express pass activity code and your home class activity code.



SUMMER SWIM TEAM (Herndon Swim League)

THE HERNDON HALIBUTS

TOH-\$100 NR- \$110
AGES 5-18

CALLING ALL SWIMMERS!

If you have always wanted to be on a swim team, but haven't had a neighborhood team to swim for, here's your chance! Join the Herndon Community Center Swim Team and be a Fighting Halibut! As a developmental team, your child will have an opportunity to learn the four competitive strokes and swim in meets during the season.

Parents are expected to help out at swim meets and team activities. A \$30 Activity Fee per swimmer will be collected at the first practice to cover the cost of T-shirts, caps, end-of-season awards, and team activities.

All swimmers must be able to swim one length of the pool continuously without stopping.

Parents must attend an orientation session held during practice on June 12 to meet the HCC staff and receive schedule, meet, and swimsuit information

Ages 5-8

Class	Day	Time	TOH/NR
1031.101			\$100/\$110
June 12-June 23	M-F	5-5:45pm	
June 26-July 28	M-F	7:30-8:15am	

Ages 9-10

Class	Day	Time	TOH/NR
1031.102			\$100/\$110
June 12-June 23	M-F	5:45-6:30pm	
June 26-July 28	M-F	8:15-9am	

Ages 11-18

Class	Day	Time	TOH/NR
1031.103			\$100/\$110
June 12-June 23	M-F	4-5pm	
June 26-July 28	M-F	9-10am	



HERNDON COMMANDERS 2006-2007

The Herndon Commanders is the Herndon Parks and Recreation Department's USA Swimming sanctioned swim team. The Commanders nine month program is dedicated to giving each swimmer the opportunity to achieve his/her personal goals in an encouraging environment. In addition, swimmers gain confidence, physical endurance and friendships with other team members. Those individuals joining the team are expected to make a commitment for the entire season and to participate in swim meets.

Head Coach Kerstin Severin, beginning her tenth year with the Commanders, has over 25 years of coaching and teaching experience. Our coaches are certified through American Swim Coaches Association and have over 40 years combined experience.

Stroke Evaluations

Stroke Evaluation for placement on the team will be on:

Wednesday, July 5, 4-6pm

Wednesday, July 12, 4-6pm

Tuesday, July 18, 4-6pm

Tuesday, July 25, 4-6pm

or by appointment.

For further information contact Coach Kerstin T. Severin at (703) 435-6800 x 2128

Call for our detailed brochure on the Herndon Commanders!

PEE WEE – Ages 5 and 6

Monday, 3-3:45pm
Monday, 3:45-4:30pm

WHITE – Ages 7-9

Tuesday and Thursday 6:30-7:30am
Tuesday and Thursday 6-7pm

RED – Ages 8-11

Monday, Wednesday, Friday, 6-7am
Monday, Wednesday, Friday, 7-8am
Monday, Wednesday, 6-7pm & Friday 5:30-6:30pm

BRONZE 3 – Ages 11-13

Tuesday, Wednesday, Thursday, 6-7am
Tuesday, Wednesday, Thursday, 7-8pm

BRONZE 5 – Ages 11-13

Monday-Friday, 6-7am & Saturday, 6-8am
Monday-Thursday, 7-8:30pm & Saturday 6-8am

SILVER-3 – Ages 13 and up

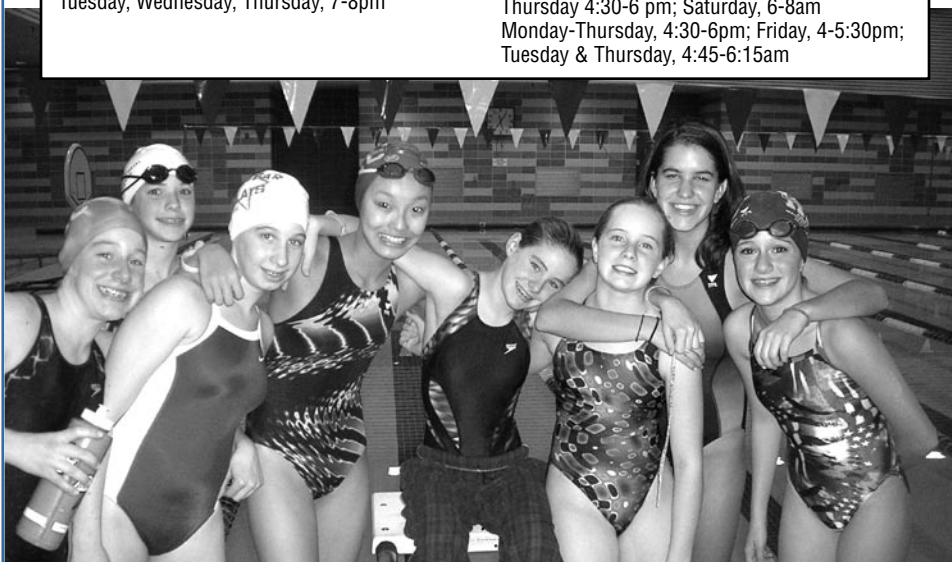
Monday, Tuesday, Thursday, 8:30-9:30pm
Monday, Wednesday, Friday, 4:45-6am

SILVER 5 – Ages 13 and up

Monday-Friday, 4:45-6:15am & Saturday 6-8am
Monday-Thursday, 4:30-6:00pm, Friday 4-5:30pm & Saturday 6-8am

GOLD – Ages 13 and up by coaches' approval

Monday-Friday, 4:45-6:15am; Tuesday and Thursday 4:30-6 pm; Saturday, 6-8am
Monday-Thursday, 4:30-6pm; Friday, 4-5:30pm; Tuesday & Thursday, 4:45-6:15am





No Classes July 4

Get up and get moving!

Regular exercise has been proven to help prevent illness, reduce the risk of injury, relieve stress and just make you feel better. Our fitness classes have been designed to include elements of strength and flexibility training with cardiovascular exercise to give you an excellent workout.

Whether you are looking to try something new or have been exercising for years, our fitness programs will be able to meet all your needs.

Please consult your doctor prior to starting any exercise program.

Exercise, Health & Fitness Classes are designed for ages 16 & up.

Please bring a fitness mat!

Make sure to register early to guarantee your space in a fitness class. These sessions are always popular, and we don't want you to miss out!



STRENGTH & FITNESS CLASSES

Total Body Conditioning

This class is a total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total body strength workout to jump-start your metabolism!

16, 1 hour sessions

Class	Day	Time	TOH/NR
June 26-August 16			
1241.101	M/W	8:45-9:45am	\$58/\$64
June 26-August 16			
1241.102	M/W	7:10-8:10pm	\$58/\$64

15, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-August 17			
1241.103	T/Th	7-8pm	\$54/\$60

Beginner Strength & Sculpt

Tone your upper and lower body with this beginner strength training class for people who have little or no knowledge of strength training. Using light weights and resistance tubing, this class will focus on proper form and sculpting specific muscle groups with gradually increasing repetitions/weight. This is a non-aerobic class. Seniors: Please see the senior discount information on the registration page.

15, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-August 17			
1244.100	T/Th	9-10am	\$54/\$60

FLOOR AEROBIC CLASSES

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping; followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles – just in time for shorts weather! Put on your cross training shoes and come have a blast!

15, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-August 17			
1242.102	T/Th	7:15-8:15pm	\$54/\$60

STEP AEROBIC CLASSES

Step & Sculpt

Get the best of both worlds! This class will get your heart pumping and leave you feeling strong. Forty minutes of calorie-burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

16, 1 hour sessions

Class	Day	Time	TOH/NR
June 26-August 16			
1242.203	M/W	6-7pm	\$58/\$64

15, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-August 17			
1242.204	T/Th	5:50-6:50pm	\$54/\$60

"EARLY BIRD" WORKOUTS

Designed so you can work out, shower, dress and still get to work on time. Sessions include locker room privileges.

Step & Sculpt

15, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-August 17			
1243.101	T/Th	6-7am	\$54/\$60

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 30-August 18			
1243.102	F	6-7am	\$29/\$32

Make a new healthy habit – EXERCISE!

It takes 3-4 weeks to establish a new habit. Sign-up for a fitness class to get started.

SCHEDULE OF CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 Step & Sculpt		6-7 Step & Sculpt	6-7 Step & Sculpt	
	8:45-9:45 Total Body Conditioning		8:45-9:45 Total Body Conditioning		8:45-9:45 Step & Sculpt Inter.	
		9-10 Beg. Strength & Sculpt		9-10 Beg. Strength & Sculpt		
11-12 Step & Sculpt Inter.						
	6-7 Step & Sculpt	5:50-6:50 Step & Sculpt	6-7 Step & Sculpt	5:50-6:50 Step & Sculpt		
	7:10-8:10 Total Body Conditioning	7-8 Total Body Conditioning	7:10-8:10 Total Body Conditioning	7-8 Total Body Conditioning		
		7:15-8:15 Cardio Blast		7:15-8:15 Cardio Blast		

WEEKEND WARRIORS

Step Aerobic Classes

Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 30-August 18			
1243.103	F	8:45-9:45am	\$29/\$32

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 25-August 13			
1243.104	Su	11am-12pm	\$29/\$32



Boot Camp for Women & Men

Dedication Determination
Motivation Fun!

Beginner/Intermediate &
Advanced Levels

Structured Nutrition Program Levels

Some sessions may be held indoors in the event of inclement weather.

Locations:

Check our updated listing on
www.firesults.com or

Call 703-243-8600 for more
information.

Guaranteed results!

Held at Herndon Community Center



Fitness Express

Signing up for the Fitness Express provides convenience and flexibility.

1. Choose and register for a home class through any of our registration methods. This reserves you a permanent spot in the class of your choice. NOTE: As long as space is available, the Express option allows you to take any of the fitness classes. Does not include Pilates, Yoga, Shotokan Karate, Tae Kwon Do, Beginner Strength Training, or Total Body Conditioning 1241.103.
2. Select an Express option below based on the schedule of your home class. You must be registered for a home class before an Express Pass can be purchased.
 - Cards must be presented to instructor at each class
 - Classes must meet a minimum enrollment to be offered
 - Cards will be mailed out prior to 1st class
 - A Fitness Express data card must be completed at the time of registration.

EXPRESS CARD OPTIONS

1. If your home class meets twice a week for 1 hour, your Express Pass fees are:
 - 1245.901 Super Express (home class plus 8)-TOH\$22/NR\$24
 - 1245.902 Hyper Express (unlimited classes)-TOH\$33/NR\$36
2. If your home class meets once a week for 1 hour, your Express Pass fees are:
 - 1245.903 Super Express (home class plus 16)-TOH\$54/NR\$60
 - 1245.904 Hyper Express (unlimited Classes)-TOH\$65/NR\$72

Gymside & Trailside Walkers

Walking can add years to your life and life to your years. Gymside and Trailside Walkers have indoor and outdoor trails set up for walking, so no matter what the weather is you can still walk. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday – Friday 7:30-9am



No Classes July 4



MARTIAL ARTS

Shotokan Karate – Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical, self-defense system to exceed present physical and mental limitations. Wear light comfortable “workout” clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 30- August 18			
1767.101	F	7:05-8:05pm	\$36/\$40

YOGA/PILATES

Kundalini Yoga – Ages 16 & up

Suitable for beginners and all levels. Kundalini Yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body. Wear comfortable clothing and bring a yoga mat, at least 3/16” thick, and a lightweight blanket.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
June 26-August 14			
1247.101	M	7:30-9pm	\$60/\$66
June 29-August 17			
1247.103	Th	7-8:30pm	\$60/\$66

Hatha Yoga – Ages 16 & up

A combination of controlled body movements, rhythmic breathing and intense concentration for body and mind using several techniques, including “Hatha.” Increase your flexibility and strengthen your back and abdominal muscles while relieving stress and tension. Wear comfortable clothing and bring a yoga mat, at least 3/16” thick, and a lightweight blanket.

7, 1.5 hour sessions

Class	Day	Time	TOH/NR
July 2-August 13			
1247.104	Su	1:15-2:45pm	\$53/\$58

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 28-August 16			
1247.107	W	7-8pm	\$40/\$44



Lunch Time Yoga – Ages 16 & up

Leave the demands of work behind for a while by taking this course offered conveniently at lunch time. Our instructor will help you focus and re-energize yourself by using controlled breathing and meditation. After taking this class, you will see how 45 minutes can change your entire week. Wear comfortable clothing, and bring a yoga mat, at least 3/16” thick, and a lightweight blanket.

7, 45 minute sessions

Class	Day	Time	TOH/NR
June 27-August 15			
1247.102	T	12:30-1:15pm	\$35/\$38

Herndon Community Center

Recreation in progress while we expand and renovate

- No initiation fees • No contracts
- No monthly charges

Stop by and check out our:

- Improved fully-equipped fitness room
- 3 racquetball courts
- 25-yard indoor pool
- Spa and sauna
- Full-size gymnasium
- 6 lighted tennis courts
- Park and playground
- Fitness classes - land and water, swimming, diving, indoor and outdoor tennis, yoga, pilates, dance, art, childcare, and more.

Buy One – Get One FREE

2-for-1 Admission

Buy One 1-Day Pass. Get Second of Equal or Lesser Value Free!

Herndon Community Center
814 Ferndale Ave., Herndon, Virginia 20170
703-787-7300

<http://herndon-va.gov>



Exp. 8/18/06



No Classes July 4

GYMNASTICS FOR GIRLS

Our program includes instruction in floor exercise, balance beam, uneven parallel bars and vaulting. Children are grouped by age and ability. Students advance based on skill and form. Levels should be repeated to acquire the skills needed to advance. Instructors reserve the right to suggest appropriate level based on skill reviews.

Beginner – Ages 5-8

5, 1 hour sessions

Class	Day	Time	TOH/NR
July 8-August 5			
1733.101	Sa	12-1pm	\$27/\$30

Advanced Beginner – Ages 5-11

5, 1.5 hour sessions

Class	Day	Time	TOH/NR
July 8-August 5			
1733.102	Sa	12-1:30pm	\$41/\$45

JOIN THE MUNCHKATEERS

A coed movement program combining fitness, elementary gymnastics, rhythm and games. Develop your child's motor coordination, strength, and flexibility. All classes are structured and children should be ready for group instruction.

Parent-Child Munchkateers

Ages 2-3

5, 45 minute sessions

Class	Day	Time	TOH/NR
July 8-August 5			
1733.103	Sa	9-9:45am	\$27/\$30

Munchkateers I – Ages 3-4

5, 45 minute sessions

Class	Day	Time	TOH/NR
July 8-August 5			
1733.104	Sa	10-10:45am	\$27/\$30

Munchkateers II – Ages 4-5

5, 45 minute sessions

Class	Day	Time	TOH/NR
July 8-August 5			
1733.105	Sa	11-11:45am	\$27/\$30



SUMMER OPEN GYM SCHEDULE

Monday	4:30-5:30 pm	1/2 Youth Basketball
	8:30-10:30 pm	Adult Basketball
Tuesday	4-5:30 pm	1/2 Youth Basketball
	8:30-10:30 pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Wednesday	12-2 pm	1/2 Adult Basketball
	4-5:30 pm	1/2 Youth Basketball
	8:30-10:30 pm	Adult Volleyball
Thursday	4-5:30 pm	1/2 Youth Basketball
Friday	12-2 pm	1/2 Adult Basketball
	4-5:30 pm	1/2 Youth Basketball
	8:30-10:30 pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday	12-3 pm	1/2 Youth Basketball
	1:30-6 pm	1/2 Adult Basketball
Sunday	12 Noon-3 pm	1/2 Adult Basketball & 1/2 Youth Basketball
	1:30-6pm	1/2 Youth Basketball

Youth = 17 years & under

Subject to change. Check monthly schedule.



Gymnastics Guidelines

Beginning: No experience necessary

Advanced Beginner: Cartwheels/Not afraid to go upside down on bars/Walk on high beams

Advanced Beginner II: Pullover/Round-off/Squat over

Intermediate: Handstand/Kick-over/Squat on/Pullover/Bridge kick-over/Cartwheel on low beam

Advanced: Back walkover/Cartwheel (high beam)/pullover

SUMMER YOUTH BASKETBALL LEAGUE

This is a competitive co-ed league for boys and girls ages 9-12. Games will be played according to most NFHS rules. Each team will play a minimum of 6 games. All games will be played in the evening, outdoors at Bready Park. Shirts are provided to all players.

CO-ED

1723.101

TOH/\$40 NR/\$44



We need your help: Volunteers are needed to run the league successfully. Positions include Coaches, Scorekeepers, and Referees. Please come to the informational meeting if you are interested.

- Thursday, June 15 -Parent informational meeting: 8:30 PM at the Herndon Community Center.
- June 19, 20, & 22 - Open play and skill assessment: 6:30-8 PM at Bready Park (mandatory for all players).
- June 26 (week of) -Season begins; players will be placed on a team and contacted by their coach with specific dates and times of games.

10K & 5K Race/Recreation & Parks Month /4th of July

10K & 5K RACE!

Sunday, June 4

Both races will take you through historic downtown Herndon, during Herndon Festival weekend. Bring a friend, or run the race by yourself, but make sure you don't miss out on this great event. Awards are presented to the top two finishers in each age group from 10 & under to 70 & over. Refreshments for runners will be provided at the conclusion of the race.

Registration Fees:

Early Bird Registration
(postmarked by May 8) - \$18

Regular Registration
(May 9 - June 3) - \$25

Race Day Registration (June 4) - \$30

Youth Ages 15 & Under (flat Fee) - \$15

Call **703-435-6800 x2106** to be placed on the mailing list or for more information. Online Registration available at **www.active.com**

July is Recreation and Parks Month

Since 1985, the National Recreation and Park Association (NRPA) has designated the month of July as Recreation and Parks Month. Recreation facilities and parks across the country annually use July to celebrate the kick-off of summer programming as well as a time to pull their communities together to volunteer, get involved in great outdoor physical activities and advocate for parks and recreation.

As we observe Recreation and Parks Month, we recognize the vital contributions of employees and volunteers in Herndon who assist our parks and recreation department. These dedicated supporters organize and coach youth sports teams, advocate for more open space and better trails, and fundraise for local improvements. They ensure that our public parks and recreation facilities are safe and accessible places for all citizens to enjoy.

As part of a summer full of nationwide activities and community celebrations, help NRPA celebrate this month that highlights the hard work and commitment of public park and recreation supporters across the country, and the joy that comes from our places and spaces. For more information on Recreation and Parks Month, log on to **www.nrpa.org**



July 4th Celebration!

Enjoy live entertainment, featuring the **Jangling Reinharts**, great food, children's arts & crafts, family games and more! Bring your family, friends and a blanket to **Bready Park/Herndon Community Center** to celebrate the 4th of July. At dark, watch a spectacular fireworks display synchronized to music! This is a **FREE** event so come out and enjoy the festivities!

Park at Herndon Middle School or St. Joseph's Church.

Title Sponsor:



Shop the local Farmer's Market Thursdays 8am - 12:30pm
in Historic Downtown Herndon, Lynn Street

Farmer's Market Fun Days

Farmer's Market Children's Series

Performances 10:30-11:15am on Thursdays

Free and open to the public

In front of the Visitor Center, right next to Old Town Hall

July 6

Michael Rosman – Amazing Feats of Comedy

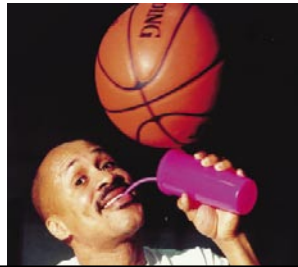
Juggling and clowning around.



July 13

Spinny Johnson – Spinny on the Ball

The importance of education and basketball tricks



July 20

Flumpa and Friends Live!

Music and science about the rainforest



July 27

Paul Hadfield – The Funny Guy!

Zany, comedy production



August 3

Michael Shwedick – Reptile World, Inc.

Snakes, and turtles, and lizards, oh my!



August 10

Kevin Brown

1 Man/So Much Fun!

Vaudeville variety at its best



Presented by:

Herndon Parks and Recreation Department
814 Ferndale Ave., Herndon, Virginia 20170
703-787-7300

<http://herndon-va.gov>

Music Under the Stars

FREE TO THE PUBLIC • THURSDAYS • 7:30-9:00PM • HERNDON TOWN GREEN

June 8 The Brindley Brothers

A pop-rock gem!

Sponsored by Apple Federal Credit Union

June 15 The Ladies of Cecilia

Three-part harmony and compelling songwriting

Sponsored by the Herndon Fortnightly Club

June 22 The Dixie Power Trio

Authentic New Orleans Zydeco

Sponsored by the Council for the Arts of Herndon

June 29 The David Bach Consort

Power instrumentals, covers, and originals

July 6 Juniper Lane

Intricate songwriting, beautiful vocals, modern rock

Sponsored by the Gallick Corporation

July 13 The Doug Segree Band

Stellar vocals, expressive guitar

Sponsored by Apple Federal Credit Union

July 20 Scythian

Celtic with an edge

Sponsored by the Herndon Woman's Club

July 27 Naked Blue

Folk-pop

Sponsored by Robecks

Aug. 3 Emily Easterly

What a redhead should sound like

Aug. 10 Lisa Moscatiello & the Space Dots

Think of an up-tempo Norah Jones

Sponsored by Worldgate Centre

Aug. 17 The Silent Critics

Acoustic rock college band from MWU

Aug. 24 TBA!

Aug. 31 TBA!

For More Information:

703-435-6800

Website:

www.herndon-va.gov

Inclement Weather:

703-435-6866

Town of Herndon Parks & Recreation Department, Herndon, Virginia

28th ANNUAL HERNDON OPEN TENNIS CLASSIC

June 17-25
Bready Park Tennis Complex
Open to the Public

Single Elimination

Entry Deadline: Tuesday, June 13, 12pm

Men's Division

Singles
 Doubles
 "B" Singles
 35 & Over Singles
 45 & Over Singles

Women's Division

Singles
 Doubles
 "B" Singles
 Mixed Doubles

Youth Divisions

Boys 14 & Under Singles
 Boys 17 & Under Singles
 Girls 14 & Under Singles

Fee (per entry) - \$20 Singles

\$25 Doubles



Prizes are awarded to winner and runner-up in each division. Weekday matches may begin as early as 5pm; weekend matches may begin as early as 9am. Players are required to call to obtain playing times.

Draw available Friday, June 16, after 4pm.

For more information or to receive an entry form, please call **703-787-7300**. Entry forms are available at the Herndon Community Center.



No classes July 4

OUTDOOR TENNIS

Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories listed on page 19 before registering for classes.

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for classes. **The HPRD tennis program reserves the right to dismiss students from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class.**

Students must provide their own racquet, *two new cans of tennis balls*, and must wear athletic footwear only.

OUTDOOR PEE WEE TENNIS

Ages 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

8, 30 minute sessions

Class	Day	Time	TOH/NR
June 27-July 25			
1711.114	T/Th	4:30-5pm	\$29/\$32
August 1-24			
1711.215	T/Th	4:30-5pm	\$29/\$32

Session 1

YOUTH

Beginner – Ages 6-8 (1.0-1.5)

8, 45 minute sessions

Class	Day	Time	TOH/NR
June 26-July 19			
1721.117	M/W	5-5:45pm	\$44/\$48
June 27-July 25			
1721.118	T/Th	5-5:45pm	\$44/\$48
July 8-August 26			
1721.116	Sa	9-9:45 am	\$44/\$48

Beginner – Ages 9-15 (1.0-1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-July 25			
1721.119	T/Th	6-7pm	\$44/\$48
June 26-July 19			
1721.115	M/W	6-7pm	\$44/\$48

Advanced Beginner

Ages 9-15 (2.0-2.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
July 8-August 26			
1721.111	Sa	10-11am	\$44/\$48
June 27-July 25			
1721.110	T/Th	7-8pm	\$44/\$48

Intermediate – Ages 9-15 (3.0-3.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 26-July 19			
1721.112	M/W	7-8pm	\$44/\$48
July 8-August 26			
1721.113	Sa	11am-12pm	\$44/\$48

Intermediate & Advanced Drills & Strategy – Ages 9-15 (3.5-4.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
July 8-August 26			
1721.114	Sa	12-1pm	\$44/\$48

**ADULTS -16 & OLDER****Beginner** (1.0-1.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
June 26-July 19			
1761.122	M/W	6-7pm	\$44/\$48
July 8-August 26			
1761.121	Sa	8-9am	\$44/\$48

Advanced Beginner (2.0-2.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
June 26-July 19			
1761.127	M/W	7-8pm	\$44/\$48
July 8-August 26			
1761.128	Sa	9-10am	\$44/\$48

Intermediate Drills & Strategy (3.0-3.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
June 26-July 19			
1761.124	M/W	8-9pm	\$44/\$48
July 8-August 26			
1761.125	Sa	10-11am	\$44/\$48

Session 2**YOUTH****Beginner** – Ages 6-8 (1.0-1.5)**8, 45 minute sessions**

Class	Day	Time	TOH/NR
July 31-August 23			
1721.313	M/W	5-5:45pm	\$44/\$48
August 1-24			
1721.314	T/Th	5-5:45pm	\$44/\$48

Beginner – Ages 9-15 (1.0-1.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
August 1-24			
1721.315	T/Th	6-7pm	\$44/\$48

Advanced Beginner**Ages 6-8 (2.0-2.5)****8, 1 hour sessions**

Class	Day	Time	TOH/NR
July 8 - August 26			
1721.319	Sa	11am-12pm	\$44/\$48

Ages 9-15 (2.0-2.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
July 31-August 23			
1721.311	M/W	6-7pm	\$44/\$48
August 1-24			
1721.316	T/Th	7-8pm	\$44/\$48

Intermediate – Ages 9-15 (3.0-3.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
July 31-August 23			
1721.312	M/W	7-8pm	\$44/\$48

703-787-7300

ADULTS-16 & OLDER**Beginner** (1.0-1.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
July 31-August 23			
1761.222	M/W	6-7pm	\$44/\$48

Advanced Beginner (2.0-2.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
July 31-August 23			
1761.227	M/W	7-8pm	\$44/\$48

Intermediate Drills & Strategy (3.0-3.5)**8, 1 hour sessions**

Class	Day	Time	TOH/NR
July 31-August 23			
1761.224	M/W	8-9pm	\$44/\$48

DOUBLES PLAY AND STRATEGY (All levels)

Come with a partner, or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's, and mixed doubles players are welcome.

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 26-July 19			
1751.112	M/W	10:30-11:30am	\$44/\$48
July 31-August 23			
1751.113	M/W	10:30-11:30am	\$44/\$48

Fit & Over 50 Tennis**Ages 50 & up (All levels)**

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour sessions

Class	Day	Time	TOH/NR
June 27-July 25			
1761.527	T/Th	10:30-11:30am	\$44/\$48
August 1-24			
1761.528	T/Th	10:30-11:30am	\$44/\$48

Inclement Weather Policy

A decision on tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.

Reminder: Although it may not be raining at the time of your class, earlier rain may have left the courts unplayable. Please call **703-435-6866** for information. Classes will be made up at the end of the session at the regularly scheduled class time.

Herndon Team Tennis League

Join a fun but competitive coed league for Adults 18 & over with games held at Brady Park's Tennis Complex.

Teams will play against each other in scheduled matches to include singles, doubles, and mixed-doubles competition.

All registration fees and rosters are due by May 1. Season begins on May 7 and will run through mid to late June.

Games will be held on Sundays, Tuesdays, and Thursdays.

Rosters must consist of a minimum of 5 players and a maximum of 12 players. Must have at least two men and two women per team.

Activity code 4721.811
\$125 per team

**NTRP Ratings**

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

For those just starting to play tennis. Instruction and practice is focused on getting the ball over the net and proper stroke technique.

2.0-2.5 Advanced Beginner

Student has the ability to hit balls that don't require any movement to get into position. He/she is learning to judge the bounce of the ball and to move into position to hit the ball. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

3.0-3.5 Intermediate

Student uses accepted technique for ground strokes and serves and has the ability to hit balls that require movement and positioning. Student is fairly consistent when hitting medium paced shots, but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Student must be able to sustain a rally with ground strokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

4.0-4.5 Advanced

Student has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.



TENNIS CAMPS

PEE WEE TENNIS CAMP

Ages 4-6

Introduce your child to tennis by enrolling in one of our Pee Wee Tennis Camps. Using the same format of our innovative year-round Pee Wee Tennis program, our instructors will help your child learn the basic tennis fundamentals by using creative games, skill learning, and teaching techniques. Children are required to bring their own mini-racquets. Other equipment will be provided. (All one-week sessions are held outdoors at the Herndon Community Center, with Friday reserved as a rain/make-up date, except the week of July 4th, where Saturday, July 8 will be the make-up day.) Ratio is six to one.

Dates	Day	Time	TOH/NR
June 26-29			
1721.201	M-Th	9-9:30am	\$25/\$28
June 26-29			
1721.202	M-Th	9:45-10:15am	\$25/\$28
July 3-7 (No class July 4)			
1721.203	M-F	9-9:30am	\$25/\$28
July 3-7 (No class July 4)			
1721.204	M-F	9:45-10:15am	\$25/\$28
July 10-13			
1721.205	M-Th	9-9:30am	\$25/\$28
July 10-13			
1721.206	M-Th	9:45-10:15am	\$25/\$28
July 17-20			
1721.207	M-Th	9-9:30am	\$25/\$28
July 17-20			
1721.208	M-Th	9:45-10:15am	\$25/\$28
July 24-27			
1721.209	M-Th	9-9:30am	\$25/\$28
July 24-27			
1721.210	M-Th	9:45-10:15am	\$25/\$28
July 31 - August 3			
1721.211	M-Th	9-9:30am	\$25/\$28
July 31 - August 3			
1721.212	M-Th	9:45-10:15am	\$25/\$28
August 7-10			
1721.213	M-Th	9-9:30am	\$25/\$28
August 7-10			
1721.214	M-Th	9:45-10:15am	\$25/\$28

TENNIS CAMP – Ages 9-15

This camp is for all levels and is taught by our highly-trained instructors at the Bready Park Tennis Complex. Students are grouped by ability within each camp. Each camp features comprehensive on and off court instruction, with a student/instructor ratio of no more than eight to one. The camps will consist of individual instruction, skill learning games, and practice matches. Students MUST provide their own racquet, one can of new tennis balls, and a daily snack/drink. All participants receive a camp T-shirt.

Dates	Day	Time	TOH/NR
June 26-July 6 (No camp on July 4)			
1721.101	M-Th	8-10am	\$70/\$77
June 26-July 6 (No camp on July 4)			
1721.102	M-Th	10:15am-12:15pm	\$70/\$77
July 10-20			
1721.103	M-Th	8-10am	\$80/\$88
July 10-20			
1721.104	M-Th	10:15am-12:15pm	\$80/\$88
July 24-August 3			
1721.105	M-Th	8-10am	\$80/\$88
July 24-August 3			
1721.106	M-Th	10:15am-12:15pm	\$80/\$88
August 7-17			
1721.107	M-Th	8-10am	\$80/\$88
August 7-17			
1721.108	M-Th	10:15am-12:15pm	\$80/\$88

SOCCER CAMPS



INSTRUCTIONAL PEE-WEE SOCCER CAMP – Ages 4-5

This class will help introduce your child to the great game of soccer. Instruction will focus on basic soccer skills including dribbling, passing, trapping, and shooting. Participants will be introduced to soccer rules, as well as concepts of sportsmanship and teamwork, through fun games and small group instruction. Campers should bring a water bottle and a soccer ball (with his/her name on it) to camp each day. (All one-week sessions are held outdoors at the Herndon Community Center, with Friday reserved as a rain/make-up date, except the week of July 4, when Sat., July 8 will be the make-up day.)

Dates	Day	Time	TOH/NR
June 26-29			
1724.101	M-Th	8-9am	\$29/\$32
July 3-7 (No camp July 4)			
1724.102	M-F	8-9am	\$29/\$32
July 10-13			
1724.103	M-Th	8-9am	\$29/\$32
July 17-20			
1724.104	M-Th	8-9am	\$29/\$32
July 24-27			
1724.105	M-Th	8-9am	\$29/\$32
July 31-August 3			
1724.106	M-Th	8-9am	\$29/\$32
August 7-10			
1724.107	M-Th	8-9am	\$29/\$32
August 14-17			
1724.108	M-Th	8-9am	\$29/\$32

SOCCER CAMP – Ages 6-8 & 9-12

This class will help older players continue in their development of fundamental soccer skills including dribbling, passing, shooting, ball control, and heading. Skills for more advanced players will include offensive and defensive strategy. Days will consist of morning warm-ups, conditioning drills, and fun soccer-related games using their developing skills. Mock games and scrimmages will also continue to aid in the player's development. Campers should bring a water bottle and a soccer ball (with his/her name on it) to camp each day. (All sessions held outdoors, with Friday reserved as a rain/make-up date.)

Ages 6-8

Dates	Day	Time	TOH/NR
June 26-July 6 (No camp on July 4)			
1724.109	M-Th	9am-12pm	\$95/\$105
July 10-20			
1724.110	M-Th	9am-12pm	\$108/\$120
July 24-August 3			
1724.111	M-Th	9am-12pm	\$108/\$120
August 7-17			
1724.112	M-Th	9am-12pm	\$108/\$120

Ages 9-12

Dates	Day	Time	TOH/NR
June 26-July 6 (No camp July 4)			
1724.113	M-Th	1-4pm	\$95/\$105
July 24-August 3			
1724.114	M-Th	1-4pm	\$108/\$120

BASKETBALL CAMP

SHOOTING STAR BASKETBALL CAMP – Ages 6-8

This beginner-level camp is designed to promote the proper fundamentals, attitude and sportsmanship for young players. Our instructors will teach the fundamentals of dribbling, shooting, defense, and team play to get your young player started in the right direction. All participants receive a camp T-shirt. Campers should bring a water bottle and a basketball (with his/her name on it) to camp each day. (All one-week sessions are held outdoors at the Herndon Community Center, with Friday reserved as a rain/make-up date, except the week of July 4, when Sat., July 8 will be the make-up day.)

Dates	Day	Time	TOH/NR
June 26-29			
1723.200	M-Th	3:30-5:00pm	\$44/\$48
July 3-7 (No camp July 4)			
1723.201	M-F	3:30-5:00pm	\$44/\$48
July 10-13			
1723.202	M-Th	3:30-5:00pm	\$44/\$48
July 17-20			
1723.203	M-Th	3:30-5:00pm	\$44/\$48
July 24-27			
1723.204	M-Th	3:30-5:00pm	\$44/\$48



Gymnastics, Theater, and Dance Camps

July 31-August 3			
1723.205	M-Th	3:30-5:00pm	\$44/\$48
August 7-10			
1723.206	M-Th	3:30-5:00pm	\$44/\$48
August 14-17			
1723.207	M-Th	3:30-5:00pm	\$44/\$48
July 17-20			
1723.208	M-Th	8:30-10:00am	\$44/\$48
July 31-August 3			
1723.209	M-Th	8:30-10:00am	\$44/\$48

GYMNASTICS CAMPS

Our summer gymnastic camps are perfect for kids if they missed the chance to take gymnastics during the school year, or if they want to improve their skills during the hot summer months! All campers will have the opportunity to participate in the floor exercise, beam, uneven bars, parallel bars and vault. Our qualified staff and small student-teacher ratio provide greater individualized and higher quality instruction. Family members and friends are invited to a demonstration of your new and/or improved skills on the last day of camp. Participants receive a camp T-shirt. **Campers should bring a daily snack.** (Please do not bring any snacks containing peanut butter).

GIRLS CAMPS – Ages 5-13

Dates	Day	Time	TOH/NR
June 26-July 6 (No camp July 4)			
1722.101	M-Th	10am-12pm	\$67/\$74
July 10-20			
1722.102	M-Th	10am-12pm	\$78/\$84
July 24-August 3			
1722.103	M-Th	10am-12pm	\$78/\$84
August 7-17			
1722.104	M-Th	10am-12pm	\$78/\$84

BOYS CAMPS – Ages 5-13

Dates	Day	Time	TOH/NR
June 26-July 6 (No Camp July 4)			
1722.105	M-Th	10am-12pm	\$67/\$74
July 10-20			
1722.106	M-Th	10am-12pm	\$78/\$84
July 24-August 3			
1722.107	M-Th	10am-12pm	\$78/\$84
August 7-17			
1722.108	M-Th	10am-12pm	\$78/\$84



MUNCHKATEERS CAMPS

This innovative program for children combines fitness, elementary gymnastics, rhythms, and games. The program develops your child's large motor coordination skills, strength, flexibility, and imagination, and they will have a great time! Children should be ready for group instruction.

MUNCHKATEERS I – Ages 3-4

Dates	Day	Time	TOH/NR
July 3-7 (No class July 4)			
1712.101	M-F	9-9:45am	\$25/\$28
July 17-20			
1712.102	M-Th	9-9:45am	\$25/\$28
July 31-August 3			
1712.103	M-Th	9-9:45am	\$25/\$28
August 14-17			
1712.104	M-Th	9-9:45am	\$25/\$28

MUNCHKATEERS II – Ages 4-5

Dates	Day	Time	TOH/NR
June 26-29			
1712.105	M-Th	9-9:45am	\$25/\$28
July 10-13			
1712.106	M-Th	9-9:45am	\$25/\$28
July 24-27			
1712.107	M-Th	9-9:45am	\$25/\$28
August 7-10			
1712.108	M-Th	9-9:45am	\$25/\$28

THEATRE CAMPS

Don't miss this unique opportunity to try your hand at an acting experience in a real theatre at one of our Summer Theatre Camps. We offer something for everyone – whether you are interested in developing your acting skills, gaining confidence, or just having fun. All camps are held at the Industrial Strength Theatre, 269 Sunset Park Drive, in Herndon.

IMAGINATION THEATRE

Ages 6-8

Stretch your imagination with this exploration of theatre experiences for children. Students will develop confidence through basic acting exercises and theatre games that will help develop awareness of voice and body as useful tools in developing characters. This is a great camp to give your child an outlet for creative expression. It's as much fun as it is educational. Participants receive a camp T-shirt. Campers should bring a snack each day.

Dates	Day	Time	TOH/NR
July 10-21			
1417.001	M-F	9-11am	\$135/\$148

THEATRE PROJECT – Ages 9-12

Young actors will improve their drama skills with acting exercises for the stage including improvisation and scene workshops. Students perform for family and friends on the last day of camp. Participants receive a camp T-shirt. Campers should bring a snack each day.

Dates	Day	Time	TOH/NR
July 10-21			
1427.002	M-F	12:30-3:30pm	\$180/\$190

DANCE CAMPS

Whether you're a beginner or an advanced student; or you're interested in ballet, jazz or hip-hop join us for an exciting dance experience this summer. All students will present a short program on the last day of the program to showcase their new dance moves for family and friends. All dance camps are held at the Herndon Elementary School, 630 Dranesville Rd.

BABY BALLERINAS – Ages 3-4

This camp will teach basic pre-ballet technique through crafts, videos, stories and beginning skills. Ballerinas should wear tights, leotard, and ballet shoes.

Dates	Day	Time	TOH/NR
June 26-July 7 (No camp July 4)			
1438.011	M-F	9-10am	\$85/\$95
July 10-21			
1438.006	M-F	9-10am	\$95/\$105
July 24-August 4			
1438.012	M-F	9-10am	\$95/\$105

COME DANCE WITH ME DANCE CAMP – Ages 5-8

This camp will teach the basic techniques of ballet, jazz and tumbling while instilling a love for dance. The dance lessons will be mixed with dance-related crafts, videos, performances, and more. It promises to be a fun filled learning experience for all. Leotard and ballet shoes, are required. Participants receive a camp T-shirt. Campers should bring a snack each day.

Dates	Day	Time	TOH/NR
June 26-July 7 (No camp July 4)			
1438.007	M-F	10am-12pm	\$155/\$170
July 24-August 4			
1438.008	M-F	10am-12pm	\$180/\$190

**See Dance Classes
on page 25.**

Summer Fun & Preschool Play Camps



Dance Camps Continued

THE HIP HOP EXPERIENCE

Ages 8-12

Hip hop is the dance of today's young generation. It is noted for its lively, high energy and expressive performance style. Participants receive a camp T-shirt.

Dates	Day	Time	TOH/NR
July 10-21			
1438.009	M-F	10am-12pm	\$180/\$190
August 7-18			
1438.013	M-F	10am-12pm	\$180/\$190

LATIN DANCE CAMP

Ages 13-17

Sign up for our dance camp for teens! This camp will teach you the drama of the Latin dances so you can let loose on the dance floor and express yourself with exciting moves! You will learn the Rumba, Cha-cha, Mambo, Merengue, and Salsa. Participants receive a camp T-shirt.

Dates	Day	Time	TOH/NR
July 10-21			
1438.014	M-F	12-2pm	\$180/\$190

All dance camps are held at the Herndon Elementary School, 630 Dranesville Rd.

**Also see Dance Classes
on page 25.**

**Summer Fun and Preschool
Camps Registration form
is on page 30.**

Required Forms

Summer Fun Day Camp and Preschool Play Camp are licensed through the State of Virginia Social Services Department. The State requires that we see your child's original or a certified copy of the birth certificate or passport. We must have the following forms for your child on file prior to the start of camp: Camper Registration, Physical & Immunization Records, Authorization for Pick-up, and Camper Information. Parents/guardians are encouraged to pick-up the forms at the HCC, or go to <http://herndon-va.gov> and click on "Recreation", or they will be mailed to you after your registration is processed.

SUMMER FUN

SUMMER FUN CAMP

Ages 6-11, Rising Grades 1-6

Our experienced Summer Fun counselors are ready to take your kids on a great adventure featuring exciting field trips, cool crafts, thrilling games and much more! Theme weeks focus our activities and each week culminates in an optional field trip (cost not included in the fee). Camp is held **OUTDOORS** at Bready Park. Swimming twice weekly in the indoor pool is a guaranteed cool down from the summer sun. Each session a picnic and t-shirt are provided to make this summer camp Summer Fun! Participants must bring lunch, snack, wear play clothes and tennis or closed toe shoes, and bring a bathing suit. Personal items and care are the responsibility of the participant. (No camp July 4).

Mandatory Parent Meeting

**Summer Fun -
Wednesday, June 21 at 6pm**

**Summer Fun
Registration Form
page 30**

EXTENDED DAY FOR SUMMER FUN

To accommodate working parents, we have extended hours for our Summer Fun program from 7:30-10am and 4-6pm. A snack is provided morning and afternoon. Day-to-day drop in extended care is not available. Extended day registers separately and has an additional charge.

SUMMER FUN HOURS: M-F 10am-4pm

EXTENDED CARE HOURS: M-F 7:30-10am & 4-6pm

Session I: June 26-July 21

Camp Only: 10am-4pm

1520.101 TOH/\$145 NR/\$165

With Extended Care: 7:30-10am & 4-6pm

1520.102 TOH/\$290 NR/\$315

Session II: July 24-August 11

Camp Only: 10am-4pm

1520.201 TOH/\$115 NR/\$135

With Extended Care: 7:30-10am & 4-6pm

1520.202 TOH/\$225 NR/\$250

SUMMER EXPRESS CAMP

Ages 6-11, Rising Grades 1-6

Summer Express is a one-week extension of the Summer Fun camp. (You must be registered for Summer Fun to attend Summer Express.) Games, arts & crafts, swimming, and a field trip are included. Participants must bring lunch, snack, wear play clothes and tennis or closed toe shoes, and bring a bathing suit. Summer Express registers separately.

August 14-18 10am-4pm (No extended care)

1520.301 TOH/\$75 NR/\$85

(Includes Water Mine Field Trip)





Teen Discovery Camp/Youth Nights/Kids Night Out

PRESCHOOL PLAY CAMP – Ages 3-5

Activities related to each session's themes include arts and crafts, music, drama, games and nature. Field trips and other special events are included for a magical summer for your child. A qualified staff and small staff/participant ratio will further enhance a positive environment. Registration fee includes daily activities, T-shirt, and a weekly swim-n-splash day for the afternoon session. Children must be potty-trained. You will be assigned a snack day for each session enrolled to provide snack for all the children.

Weekly Themes:

June 26-July 7: Around the World (No camp July 4)

July 10-21: Dinosaurs

July 24-August 4: Under the Sea

August 7-11: Circus Week

Ages 3-4 (Children must be 3 by May 1, 2006)

Dates	Day	Time	TOH/NR
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June 26-July 7 (No camp July 4)

1510.101	M-F	9:30am-12pm	\$81/\$90
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July 10-21

1510.102	M-F	9:30am-12pm	\$90/\$100
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July 24-August 4

1510.103	M-F	9:30am-12pm	\$90/\$100
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August 7-11

1510.104	M-F	9:30am-12pm	\$45/\$50
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Ages 4-5 (Children must be 4 by May 1, 2006)

Dates	Day	Time	TOH/NR
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June 26-July 7 (No camp July 4)

1510.201	M-F	1-3:30pm	\$81/\$90
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July 10-21

1510.202	M-F	1-3:30pm	\$90/\$100
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July 24-August 4

1510.203	M-F	1-3:30pm	\$90/\$100
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August 7-11

1510.204	M-F	1-3:30pm	\$45/\$50
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Also see Nature Camps featured on page 24.

Mandatory Parent Meetings

Preschool Play Camp –

AM: Thursday, June 22 at 6:30pm

PM: Thursday, June 22 at 7:30pm

Teen Discovery –

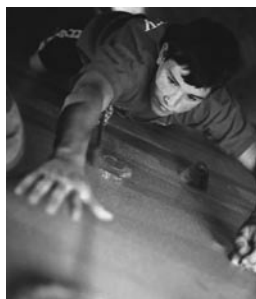
Tuesday, June 20 at 7pm

TEENS

TEEN DISCOVERY CAMP

Ages 12-15, Rising Grades 7-9

Each day of Teen Discovery promises new adventures through field trips, games and activities. Bring a sack lunch, bathing suit and towel daily. Cost includes supervision, transportation and admissions. Some starting and ending times will vary depending on the field trips that are taken. Destinations change each session and include activities such as rock climbing, horseback riding, water parks, white water rafting, amusement parks, challenge course, baseball games, and tubing. Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, and teens are sometimes permitted to do activities as a group away from the camp leaders, checking in at designated times and locations. Personal items and care are the responsibility of the participant. Program meets daily at the Herndon Community Center.



TEEN DISCOVERY HOURS: M-F 10am-5pm

Summer Kickoff

Session I: June 26–July 7 (No camp July 4)

(Six Flags, Horseback Riding, Paintball)

1530.001 TOH/\$220 NR/\$250

Outdoor Adventure

Session II: July 10-21

(Ropes Course, Whitewater Rafting, Geocaching)

1530.002 TOH/\$240 NR/\$270

Water, Water, Water

Session III: July 24–August 5

(Tubing, Water Country USA, Cameron Run)

1530.003 TOH/\$240 NR/\$270

End of Summer Blow Out

Session IV: August 7–11 (One Week Session)

(Nationals Game, Laser Tag)

1530.004 TOH/\$120 NR/\$140

PRE-CAMP CARE HOURS: M-F 8:30-10am

Season Pass: June 26-August 11

1530.009 TOH/\$62 NR/\$70

No online registration for season passes.

Session I: June 26–July 7 (No camp July 4)

1530.005 TOH/\$17 NR/\$19

Sessions II: July 10-21

1530.006 TOH/\$18 NR/\$20

Session III: July 24–August 5

1530.007 TOH/\$18 NR/\$20

Session IV: August 7–11 (One Week Session):

1530.008 TOH/\$9 NR/\$11

Youth Nights – Ages 10-15

Escape the boring days of summer at the Herndon Community Center. Youth Nights are back! There will be open gym (basketball, volleyball, and fun games!), wallyball, open swim time and snacks! Come hang with your friends and have a great time! Drop-in program every Wednesday in July. Call the Herndon Community Center at **703-787-7300** for more information.

Drop-in Program \$3/youth

Kid's Night Out – Ages 5-12

Need a date night? Enjoy a romantic evening with your spouse while your children enjoy a night of fun. PG/G movies, Gym Games, Board Games and much more (no swimming available). Let us provide you with a safe environment for your child and a peaceful night for you! Children will be supervised at all times. Cheese pizza will be served as well as snacks. Limited space available.

Class	Day	Time	TOH/NR
June 16			
1620.501	F	6:30-9:30pm	\$9/\$9
July 21			
1620.502	F	6:30-9:30pm	\$9/\$9

Herndon Parks and Recreation Department Preschool

Spaces still available for 2006-2007 School Year

- State Licensed program
- Newly Renovated Class Room
- Quality Curriculum and Teachers

September - June, 9am - Noon

Ages 3-4 Tues/Thurs

TOH - \$925/ NR - \$1030

(must be age 3 by September 30, 2006)

FRIENDS BY THE BUNCH!



Runnymede Park

NATURE BIRTHDAY PARTIES

Celebrate your Nature birthday at Runnymede Park or at the Community Center. Kids can choose from several themes: Radical Reptiles, Creatures of the Night, Animal Tracks & Signs, and Bones, Feathers, & Furs. Each 1 hour program is designed to entertain as well as educate. Bring your own cake and party favors, picnic tables are available in the park, or you can rent a room at the Herndon Community Center for an additional fee. Call **703-435-6800 x 2113** to reserve your birthday. \$125 for up to 12 kids.

You Can Schedule Activities In Runnymede Park for

- Scout Badge work & activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled through the Town Naturalist at **703-435-6800 x 2113** or the Town Community Forester at **703-435-6800 x 2014**.

Runnymede Park is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember, all pets must remain on the leash, and please, pick up after your pet!

Do you have questions or concerns regarding wildlife?

The Town Naturalist is available to answer your questions. Just call her at **703-435-6800 x 2113**.

Do you have questions or concerns regarding trees?

The Town Forester is available to answer your questions. Just call him at **703-435-6800 x 2014**.

All nature programs, unless otherwise indicated, meet at Runnymede Park (off Herndon Parkway). Meet at the Kiosk next to the parking lot. Please wear long pants and sturdy shoes to all programs, and dress appropriately for the weather. For all outdoor nature programs, anyone under 8 must bring an adult with them; no siblings please, unless they are signed up too. Please be on time as all programs start PROMPTLY!

NATURE CAMP

NATURE DISCOVERY CAMP – Ages 5-9

Summer Camp just got Wild! Through hands on activities and outdoor learning, campers will utilize their senses to discover joy and appreciation for nature!



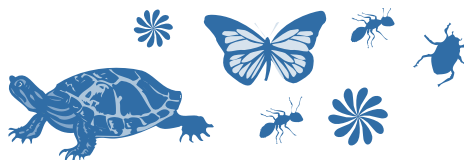
Nature Discovery Camp at Runnymede Park is a great mix of environmental education, activities, games and a trip. Nature Discovery Camp offers children an excellent opportunity to explore nature and Runnymede Park's ecology, wildlife, geology, archaeology, history, stream life, play, and culture. We will explore the meadow, Sugarland Run Stream, trails, and the pond, as we learn about protecting our natural environment and stewardship with our campers. Camp includes T-shirt, field trip, lots of take-home nature materials, and guest speakers... Raptors, Reptiles, Butterflies, Mammals! Camp meets at Runnymede Park, Carroll Cabin.

Our weekly camp themes include: Geology, Tracks, Scat & Signs, Bones, Feathers & Furs, Beginning Birding & Field ID, Adventure Games, Native American Life, Insects & Spiders, Trees, Archaeology, Science, Wildlife Encounters, Nature Crafts, and as much as we can squeeze, squirm, and wiggle in!

Our weekly camp trip will include one of the following: Skyline Caverns, The Bug Box, The Archaeology Museum of Alexandria, Hidden Pond Nature Center, Hidden Oaks Nature Center, The Smithsonian Naturalist Center, Safari Golf, The Water Mine, Leesburg Animal Park, C&O Canal, or the Museum of the American Indian.

Ages 5-9

Dates	Day	Time	TOH/NR
July 10-13			
1364.901	M-Th	9am-2pm	\$110/\$125
July 17-20			
1364.902	M-Th	9am-2pm	\$110/\$125
July 24-27			
1364.903	M-Th	9am-2pm	\$110/\$125
July 31-August 3			
1364.904	M-Th	9am-2pm	\$110/\$125



NATURE CLASSES

Little Nature Inspector

Ages 4-6

The Little Nature Inspector program is a "hands on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, park exploration, and plenty of "take homes" to reinforce our lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world. All programs will be held at Runnymede Park unless otherwise noted.

3, 1 hour sessions

Geology & Crystals, Uncover a Fossil, Dinosaurs

Class	Day	Time	TOH/NR
June 6, 13, 20			
4361.005	T	5-6pm	35\$/ \$35

Nature's Architect, the Beaver

Families/All ages

Beavers are nature's architect. Hike with the Naturalist to view a beaver's handiwork, study tracks & signs, and explore how the beaver's presence effects Runnymede Park's ecosystem. Meet at the Hunter's Creek Clubhouse.

1, 1 hour session

Class	Day	Time	TOH/NR
June 10			
1364.004	Sa	1:30-2:30pm	\$7 per family

Nothing Around

Families/All ages

Join us at dusk as we use a special ultraviolet light to attract different species of moths. We will humanely capture, study, and then release these night flying insects.

1, 1 hour session

Class	Day	Time	TOH/NR
August 18			
1364.005	F	8:30-9:30pm	\$7 per family

Aquatic Adventures

Families/All ages

What lives in the muddy pond? Let's catch, identify, and release, to find out. Wear old shoes or rain boots. Dip nets and field guides provided. **Meet at the Hunter's Creek Clubhouse.**

1, 2 hour session

Class	Day	Time	TOH/NR
August 19			
1364.006	Sa	9-11am	\$7 per family



DANCE

You won't want to miss out on our fabulous Summer Dance Classes! Whether you're a beginner or advanced student, whether you're interested in ballet, tap/jazz or salsa, join us for an exciting dance experience this summer. All students will present a short program on the last day of the class to showcase their new dance moves for family and friends.

Tiny Ballerinas – Ages 2-3

An exciting dance class for the little ones! This class will teach basic pre-ballet technique. Leotard, tights, and ballet slippers are required.
No experience needed

8, 45 minute sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.019	Sa	9:15-10am	\$54/\$60

PRE-BALLET

This class combines the basics of ballet along with teaching rhythm and coordination. The students will grow to appreciate the fine art of ballet as they learn to follow instructions and have fun. A parent observation day will be held during the last class. Leotard, tights, and ballet slippers are required.

Beginning – Ages 3-5

No experience required

8, 45 minute sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.020	Sa	10-10:45am	\$54/\$60

Intermediate/Advanced

Ages 4-6

12 weeks experience

8, 45 minute sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.021	Sa	10:45-11:30am	\$54/\$60



COMBINATION DANCE

The perfect introduction to dance providing instructions in the basics of ballet, tap and tumbling while developing self confidence and an appreciation of the performing arts. Ballet slippers and tap shoes required.

Beginning – Ages 3-5

No experience required

8, 1 hour sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.022	Sa	11:30am-12:30pm	\$65/\$71

Intermediate/Advanced

Ages 4-7

12 weeks experience

8, 1 hour sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.023	Sa	12:30-1:30pm	\$65/\$71

HIP HOP

The perfect introduction to this popular, fun dance form for the younger set!

Beginning – Ages 4-6

No experience required

8, 1 hour sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.024	Sa	11:30am-12:30pm	\$65/\$71

Intermediate/Advanced

Ages 4-7

12 weeks experience

8, 1 hour sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.025	Sa	12:30-1:30pm	\$65/\$71

BALLET/TAP

A combination of ballet and tap.

Intermediate/Advanced

Ages 8-13

12 weeks experience

8, 1 hour sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.026	Sa	1:30-2:30pm	\$65/\$71

**See Dance Camps
on pages 21 & 22.**

SALSA-ADULT

Ages 16 & up

Salsa has become a very popular dance form in recent years. Why not take a salsa class to learn one of the best kept secrets of dance?

8, 1 hour sessions

Class	Day	Time	TOH/NR
July 1-August 19			
1438.027	Sa	2:30-3:30pm	\$65/\$71

EARLY BIRD CLASSES

Early Bird Belly Dance Workout

Ages 16 & up



Belly dance is a fun, low-impact, cardiovascular workout! It particularly works on the torso, promotes abdominal strength, all over flexibility, proper alignment and great body posture. This beginning class will also focus on flexibility and rhythms of the Middle East and North Africa. Participants are asked to wear comfortable clothing such as leotard, tights, leggings or drawstring pants, exercise or dance shoes, a scarf or belt long enough to tie around the hips comfortably, and a piece of light weight fabric measuring 3 yards by 45 inches wide.

16, 45 minute sessions

Class	Day	Time	TOH/NR
June 28-August 18			
1438.028	W/F	6-6:45am	\$108/\$120

Early Bird Ballet Stretch

Ages 16 & up

Need an exercise class before work? Come to Ballet Wake-UP for Beginners! Gentle workouts to beautiful music will leave you feeling refreshed and ready to start your day. We will begin with a warm-up, barre work and floor combinations. Men and women of all ages are welcome and encouraged! Required class attire: some kind of leg covering (tights, leggings or sweats will do) a leotard or close fitting T-shirt, ballet slippers or soft-shoes and hair confined.
No previous experience needed for this class.

16, 45 minute sessions

Class	Day	Time	TOH/NR
June 27-August 17			
1438.029	T/Th	6-6:45am	\$108/\$120



MUSIC

Group Acoustic Guitar

Learn pop songs, folk songs, and your favorite songs off the radio! This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger picking patterns and the structure of songs. Students must provide their own instrument, classical, or acoustic guitars only. No classes July 4.

Beginner – Ages 7-12

8, 50 minute sessions

Class	Day	Time	TOH/NR
June 26-August 21			
1436.001	M	4-4:50pm	\$48/\$54

Intermediate (12 weeks experience)

Ages 7-12

8, 50 minute sessions

Class	Day	Time	TOH/NR
June 26-August 21			
1436.002	M	5-5:50pm	\$48/\$54

Advanced (20 weeks experience or teacher's approval) – Ages 7-12

8, 50 minute sessions

Class	Day	Time	TOH/NR
June 26-August 21			
1436.003	M	6-6:50pm	\$48/\$54

Beginner – Adult

8, 50 minute sessions

Class	Day	Time	TOH/NR
June 26-August 21			
1436.004	M	7-7:50pm	\$48/\$54

Intermediate/Advanced

(12 weeks experience) – Adult

8, 50 minute sessions

Class	Day	Time	TOH/NR
June 26-August 21			
1436.005	M	8-8:50pm	\$48/\$54

Private Guitar Lessons

Ages 7 & Up

Private lessons are now offered at the Herndon Community Center. Instruction will proceed at the student's pace. If you are interested, call our office at **703-435-6800 x2120** and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.

8, 40 minute sessions

Class	TOH/NR
1436.006	\$147/\$163



ADULT TRIPS

Kennedy Center – Ages 55 & Up

Seniors, join the remarkable March sisters--Meg, Jo, Beth and Amy--as one of America's most beloved books soars to the stage in **LITTLE WOMEN--THE MUSICAL**. This dazzling, new musical--based on Louisa May Alcott's timeless tale about the power of family, friendship, and romance--is capturing the hearts of a new generation and captivating audiences of all ages! Don't miss this "richly sentimental favorite with family-friendly appeal" (*New York Newsday*) that "embodies the passion and power of young minds" (*New York Magazine*). Trip fee includes transportation by motor coach, group leader, driver, and first-tier seating. No refunds.

Class	Day	Time	TOH/NR
July 19			
1850.301	W	12-5:45pm	\$87/\$87

OUTDOOR ADVENTURE PROGRAM

Whitewater Rafting – Ages 12 & up

Take a trip whitewater rafting on the "Falls of the James River" in downtown Richmond, Virginia. This is known as the best urban whitewater in the U.S.! This is a perfect trip for all levels of experience (**BEGINNERS WELCOME**). It's fun and exhilarating! Bring friends and family, or come on your own. Trip includes buffet lunch on the river, safety instruction, whitewater guide, equipment, transportation by 15-passenger vans, and drivers/escorts. Only 26 spots! This trip sold out last year! No refunds after June 30.

Limited space available.

Class	Day	Time	TOH/NR
July 15			
1680.601	Sa	8:00am-7:00pm	\$82/\$82

Community Center Renovation Phase IV

Recreation In Progress...While We Expand and Renovate!

Progress, that is what you can see when you come to the Herndon Community Center! We are excited for the upcoming grand re-opening anticipated for mid-September, 2006.

The newly-renovated Herndon Community Center will feature:

- Meeting rooms
- Arts & Crafts room
- Preschool room
- Expanded Fitness room
- Game room & Teen room
- Kitchen
- As well as many new programs and opportunities for the fall session.



Kids at Hope

Kids at Hope is committed to reversing the harmful effects and self-fulfilling prophecy associated with the "youth at risk" programs and strategies.

What is "Kids at Hope"?

An innovative concept which states and demonstrates that all children are capable of success, **NO EXCEPTIONS!**

Kids at Hope is not another program, it is first and foremost a belief system supported by a culture and then enhanced by programs.

What It Does:

Rallies entire communities around the asset building model for children by recruiting schools, youth organizations, police and fire departments, businesses, and families with a common framework to address children's needs holistically.

Learn more about Kids at Hope at www.kidsathope.org or become involved locally by contacting Lydia Deem at ldem@cox.net.





ART CLASSES FOR CHILDREN

Drawing

Students will learn from Lassie Corbett how to draw basic shapes and experiment with "right brain" creative activities, as well as shading and contour drawing. There will be a \$5 materials fee collected the first day of class.

6, 1 hour sessions

Ages 5-6

Class	Day	Time	TOH/NR
July 10-August 14			
1143.001	M	10-11am	\$60/\$66

Ages 7-9

Class	Day	Time	TOH/NR
July 10-August 14			
1143.002	M	11am-12pm	\$60/\$66

Mixed Media – Ages 9-12

Students are encouraged to experiment with a wide variety of materials including pastel, watercolor, collage, simple printmaking, and various drawing materials. While the materials used are the same, the subjects are different, so returning students will continue to grow in their skill level. An \$8 materials fee will be charged the first day of class.

Instructor: Lassie Corbett

6, 1.5 hour sessions

Class	Day	Time	TOH/NR
July 11-August 15			
1143.003	T	10-11:30am	\$60/\$66

ADULT ARTS & CRAFTS

Explorations in Watercolor

Ages 15 & up

This class is designed for the more adventurous painter and is taught by Lassie Corbett. The subject matter is entirely up to the student. Experiment with painting on a variety of surfaces as well as watercolor papers. Explore various design elements, and incorporate mixed media into your watercolors. Experience in watercolor painting is necessary. There is a weekly critique of work and regular demonstrations of new ideas or techniques. Sorry, no senior discounts.

6, 2 hour sessions

Class	Day	Time	TOH/NR
July 11-August 15			
1140.001	T	7:30-9:30pm	\$125/\$134

Watercolor Workshop and Critique – Ages 15 & up

This class is for students with experience in watercolor. Students decide the subject matter. There is strong emphasis on good composition and design and glowing color. Weekly critiques and regular demonstrations of techniques will be given. Sorry, no senior discounts.

7, 2 hour sessions

Class	Day	Time	TOH/NR
July 13-August 24			
1140.002	Th	10am-12pm	\$145/\$159

SPECIAL INTEREST

Cooking with Kids

Enjoy a hands-on cooking experience with Leanne Guido! Children can learn the basics of cooking and sample the featured food items. Pick and choose the best class for your child. Please bring an apron.

Stir-Fry and Sauté – Ages 10-14

Learn to make a quick entrée via a hot wok. Sauté seasonal vegetables and chicken for a quick and healthy entrée. Class size is limited.

1, 1 hour session

Class	Day	Time	TOH/NR
July 12			
1626.101	M	4-5pm	\$20/\$20

Cooking with Herbs – Ages 6-10

Learn to make a delicious pesto, mint tea and herbed potatoes in this one hour session. Class size is limited.

1, 1 hour session

Class	Day	Time	TOH/NR
July 13			
1626.102	Th	4-5pm	\$20/\$20

Look What's Happening at the Industrial Strength Theatre!

June 2-24: Elden Street Players production of "The Bible"

June 10-25: Elden Street Players Theatre for Young Audiences production of "Alice in Wonderland"

July 28-August 19: Elden Street Players production of "Blood Brothers"

Call 703-481-5930 for Elden Street Players ticket orders.

Save the Date for the 18th Annual Herndon Labor Day Jazz & Wine Festival



SEPTEMBER 4, 2006

**Monday, September 4th, 2006
12-6pm**

Herndon Town Green

Admission-\$3

Admission w/Wine Tasting-\$15

Join us downtown for great jazz and blues while enjoying fine art and wine with ten Virginia Wineries!

Produced by the Town of Herndon Parks & Recreation and the Herndon Woman's Club.

Premier Sponsor:



Herndon Parks

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field and a tot lot.

Bready Park

Located on Ferndale Avenue adjacent to the Herndon Community Center. Facilities at the park include picnic shelter, softball, soccer, 60' baseball field, outdoor basketball, six lighted tennis courts, indoor tennis courts Oct-May, and play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, picnic shelter and features two tennis courts, softball field, basketball court and open play area. The park is available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a softball field, and a fenced dog park.

Cuttermill Park

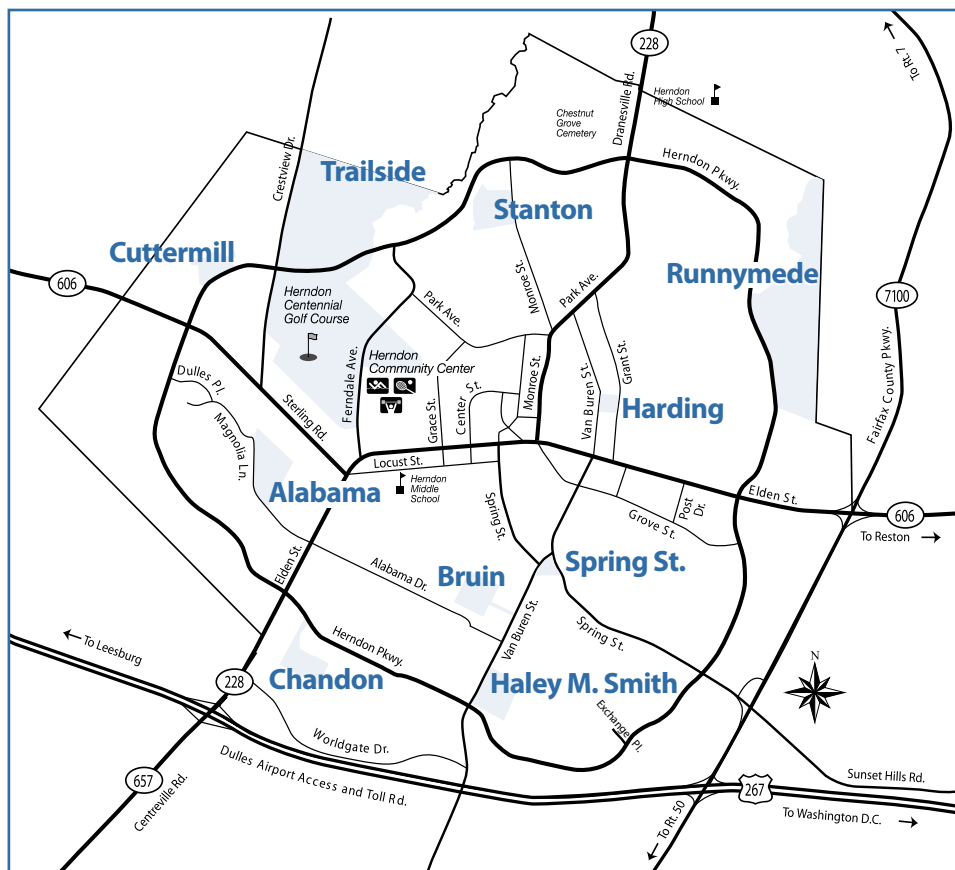
A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a tot lot, baseball/t-ball fields, walking areas and a multi-purpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, soccer/multi-use field, basketball & volleyball courts, and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features children's play area, park benches and open play space.



Runnymede Park

Herndon's 58-acre community nature park is located on Herndon Parkway between Elden Street and Dranesville Road. This unique park provides excellent passive recreational opportunities and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, birdwatching, nature study and picnicking.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. This park is available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a picnic shelter with picnic tables, grills, play apparatus, volleyball net, and an open play area. The picnic shelter is available for reservations.

Trailside Park Picnic Shelter Reservations (for parties up to 70)

TOH

Civic Group-\$30 Private-\$35

Non-resident

Civic Group-\$50 Private-\$60

Bready Park Picnic Shelter Reservations (for parties up to 140)

The Bready Park Shelter accommodates up to 140 people.

TOH

Civic Group-\$60 Private-\$70

Non-resident

Civic Group-\$100 Private-\$120

Maximum 4 hour rental.

Call **703-787-7300** for availability.

Bready Park Tennis Court Reservation Fees & Schedules

Tennis courts are available for reservation on a first-come, first-served basis during the following times and at the fees listed.

Monday-Friday, 5-9pm; Saturday, 8am-12noon; Sunday, 8am-12noon, 5-9pm

All other times are free.

Fees: TOH:\$3.75 hour Non-resident: \$4.50 hour

1. One hour fee reservations will be taken by phone no sooner than 3 days, before the playing date. Unless cancelled by inclement weather, all reservations must be honored for future reservations to be granted.
2. Reservations will be taken starting Thursday, May 5, 2006. Call 703-787-7300.
3. Posted times are subject to change.

Registration Information

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our 6 convenient registration methods will begin for TOH-residents at 10am on Wednesday, May 10. Open registration for non-TOH-residents will begin at 10am on Tuesday, May 16.

WHAT DOES TOH MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

Two easy indicators are that if your car personal property tax sticker or your water bill is from the Town of Herndon. If you have questions, please call us at 703-787-7300 and we can assist you.

CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! As a TOH operation, we are here to serve TOH residents first, but not exclusively. Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on Tuesday, May 16.

Class information found through our online registration process is updated daily. Thus, if you find that course information has changed from this brochure, the updated information found online is correct.

FORMS & FEES

Use one form for each household, and a separate check, cash, or credit card number with expiration date must be done for each class. Checks should be made payable to the "Town of Herndon." PLEASE NOTE multiple registrations with one check will be returned unprocessed. Registrations with incorrect payment will be returned unprocessed.

SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

LATE REGISTRATIONS

Late class registrations are accepted if space is available with no fee reduction.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

REFUNDS

You will automatically be given a full refund if classes are already filled or a minimum enrollment is not met. You may receive a refund less a 20% service charge (\$10 maximum) up to 3 days before your program starts for any reason. Less than 3 days before your program starts or after the program starts, refunds or letters of credit are only given for medical reasons or relocation of at least 20 miles from the Town of Herndon. Exception: with trips that have specific refund request deadlines, the 20% fee applies. Refunds are calculated based on the remaining classes at the time that the request is made. Letters of credit are also available and are not subject to a service charge. After the mid-point of the program, refunds or letters of credit will not be given for any reason (other than classes canceled by the department).

PARTICIPATION OPEN TO ALL

The HCC programs and facilities are open to all citizens regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

NOTICE

In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the Town of Herndon.

A SEPARATE CHECK IS REQUIRED FOR EACH REGISTRATION.

FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs (not including trips, daily admissions or passes to the Community Center) for those who meet federal financial qualifications for assistance. Additionally, in cooperation with Northern Virginia Family Service, the Town provides

scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Call 703-435-6800 x2107 for information or visit the Community Center for assistance.

ATTENTION SENIORS!

Senior adults age 60 and over receive a 50% discount on classes, except where noted. Discounts do not apply to classes that meet one time.

6 EASY REGISTRATION OPTIONS:

Open Registration dates apply to ALL registration options - 10am on May 10 for TOH Residents, and 10am on May 16 for non-TOH Residents.

1. ONLINE registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available 24 hours a day through our website at <http://herndon-va.gov>. Once your account is established and the registration period has opened, you may enroll online any time 24 hours a day.

Registration for classes with this icon is not available online. Acceptance of our liability waiver will be required prior to registration.



2. TOUCHTONE registration is available 24 hours a day. With a customer identification number and password, you can call our automated registration line at 703-707-2662 and register over the phone. Call the community center at 703-435-6800 x2100 to obtain customer identification numbers for yourself and your family members and your password. Credits on account cannot be applied through Touchtone registration.

Registration for classes with this icon is not available through touchtone. Signature on our liability waiver will be required prior to participation.



3. MAIL a completed form and separate check, money order or credit card payment to:

**Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172**

4. FAX (24-hours-a-day) a completed form with a VISA or Master Card number and expiration date to: 703-318-8652. Faxed registrations cannot be verified.

5. DROP OFF a completed form with separate check, money order or credit card payment into the drop boxes at the reception desks of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.

6. IN PERSON registration at the reception desk at the HCC.

Summer Fun/Preschool Play Camps Registration Form



Name _____
Birthdate _____ Age _____ ☐ Male ☐ Female
Address _____
City _____ State _____ Zip _____
Home Phone _____ School _____ Grade in Fall _____
Mother's Name _____ Mother's Work Phone _____
Father's Name _____ Father's Work Phone _____
Emergency Contacts must be an adult other than the parents/legal guardians

1. Emergency Contact Name _____ Phone _____ Cell Phone _____

Address _____

City _____ State _____ Zip _____

Relationship to Participant _____

2. Emergency Contact Name _____ Phone _____ Cell Phone _____

Address _____

City _____ State _____ Zip _____

Relationship to Participant _____

Does your child have any allergies or medical conditions that may affect their participation in camp activities? ☐ Yes ☐ No

If yes, please explain _____

Method of transportation to camp: (circle) Car Carpool Walk Bike

If in a carpool, please indicate the other riders: _____

Children may not leave the center unless accompanied by an approved adult as indicated on this form. For Summer Fun, if walking or biking, your child may not leave prior to 4 pm without prior, written parental permission.

Person(s) authorized to pick up my child: _____

I give my permission for my child to swim or wade during pool time and/or on field trips ☐ Yes ☐ No

I give my permission for my child to swim in water above shoulder height ☐ Yes ☐ No

WAIVER: In consideration of my child being granted permission by the Town of Herndon, Virginia to participate in these programs and associated activities, I hereby release the Town of Herndon, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the above name's participation. I authorize the Town of Herndon and its officials, employees, agents and volunteers, at any such person's discretion, to administer emergency first aid treatment, and at my expense, to obtain the services of a physician(s) and/or rescue squad and to authorize the same to affect such treatment of my child as the same deem advisable. If the participant becomes ill, the staff will notify the parent, and if requested by the staff, the parent will arrange to have the child picked up as soon as possible. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

Printed Name of Parent _____ Signature of Parent _____

Credit Card Number _____ Exp Date _____ ☐ Visa ☐ Mastercard

CHECKS PAYABLE TO TOWN OF HERNDON. RETURNED CHECKS ARE SUBJECT TO A \$35 FEE.

With a minimum of three days notice, refunds assessed the lesser of 20% or \$10.

SUMMER FUN – Ages 6-11 (No camp July 4)

Session I 6/26-7/21 Camp only

1520.101 ☐ \$165 NR or ☐ \$145 TOH

Session I Camp with Extended Care

1520.102 ☐ \$315 NR or ☐ \$290 TOH

Session II 7/24-8/11 Camp only

1520.201 ☐ \$135 NR or ☐ \$115 TOH

Session II Camp with Extended Care

1520.202 ☐ \$250 NR or ☐ \$225 TOH

Express Camp 8/14-8/18

Camp + field trip; no extended care available

1520.301 ☐ \$85 NR or ☐ \$75 TOH

PRESCHOOL CAMP

Ages 3-4, 9:30am-12pm

Session I 6/26-7/7 (No camp July 4)

1510.101 ☐ \$90 NR ☐ \$81 TOH

Session II 7/10-7/21

1510.102 ☐ \$100 NR ☐ \$90 TOH

Session III 7/24-8/4

1510.103 ☐ \$100 NR ☐ \$90 TOH

Session IV 8/7-8/11

1510.104 ☐ \$50 NR ☐ \$45 TOH

Ages 4-5, 1-3:30 pm

Session I 6/26-7/7 (No camp July 4)

1510.201 ☐ \$90 NR ☐ \$81 TOH

Session II 7/10-7/21

1510.202 ☐ \$100 NR ☐ \$90 TOH

Session III 7/24-8/4

1510.203 ☐ \$100 NR ☐ \$90 TOH

Session IV 8/7-8/11

1510.204 ☐ \$50 NR ☐ \$45 TOH

OFFICE USE – Processed by: _____ Payment Method C CK CC LC

AP# _____ Date Paid _____



Registration for Town of Herndon Residents begins on **Wednesday, May 10 at 10am.**
Registration for Non-Town of Herndon Residents begins on **Tuesday, May 16 at 10am.**

PHONE: 703-787-7300
FAX: 703-318-8652

A New & Improved Registration Form

**Now you can use one
form for multiple class
registrations!**

**Complete this form and
be sure to note:**

1. Your first, second, and third choices.
2. If you are paying by check or money order, please write a separate check or money order for each first choice.
3. Please use one form per household.
4. Let us know if you want to receive an email newsletter and updates.

Summer 2006 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ **FIRST** _____

ADDRESS _____

CITY/STATE/ZIP _____ **HOME PHONE** _____

WORK PHONE _____ **EMAIL** _____

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M(Ⓔ)	0000.000	Level 4	\$58	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

☐ Check to receive email newsletters and updates.

MAKE ONE CHECK FOR EACH CLASS PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$35 fee

MAIL TO:

Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 20% service charge will be assessed (\$10 maximum) up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon.

OFFICE USE - Processed by: _____

Payment Method C CK CC LC

AP# _____ **Date Paid** _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard

CREDIT CARD # _____ **EXP. DATE** _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____

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Voted best Festival for Families for 2005 by readers of Families Magazine



Downtown Herndon June 1-4, 2006

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FIREWORKS • CHILDREN'S ART AREA • K9-2K • 10K/5K RACE & FITNESS EXPO

HEADLINERS

Thursday June 1	Friday June 2	Saturday June 3	Sunday June 4	
Right On!  www.rightonband.com	Del Castillo 	Trout Fishing in America 	Glengarry Bhoys 	Big Bad Voodoo Daddy 
Last Train Home 	Stephen Kellogg and the Sixers 			

FESTIVAL HOURS

Thursday, 6-10pm

Friday, 5-10pm

Saturday, 10am-10pm

Sunday, 11am-6pm



For information, call 703-787-7300 • <http://herndonfestival.net>

Produced by Herndon Parks & Recreation Department

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Parks and Recreation**

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